

# STRONG IS HARD

## *Fitness Journal*

TODAY'S ANCHOR THOUGHT:

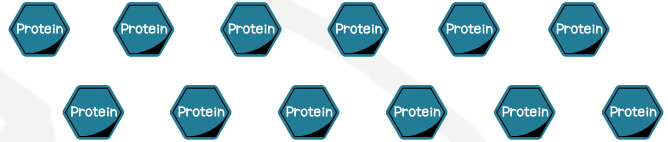
DATE: / /2024

### WATER INTAKE



( 8 Ounces serving Size)

### PROTEIN INTAKE



( 10 Grams serving size)

### 1ST WORKOUT: (30 MIN)

.....  
.....  
.....

### 2ND WORKOUT: (30 MIN) (1 MUST BE CARDIO WITH THR\*)

.....  
.....  
.....

\*TARGET HEART RATE = 220-AGE X 0.7

### TODAY I AM GRATEFUL FOR:

1. ....
2. ....
3. ....

#### DAY 1 ASSESSMENT MEASUREMENTS

WEIGHT: \_\_\_\_\_ RIGHT ARM: \_\_\_\_\_  
CHEST: \_\_\_\_\_ LEFT ARM: \_\_\_\_\_  
BELLY: \_\_\_\_\_ RIGHT THIGH: \_\_\_\_\_  
HIPS: \_\_\_\_\_ LEFT THIGH: \_\_\_\_\_

#### DAY 1 ASSESSMENT MOVEMENTS

PUSH UPS \_\_\_\_\_ CRUNCHES \_\_\_\_\_  
SQUATS \_\_\_\_\_ PLANK HOLD \_\_\_\_\_