

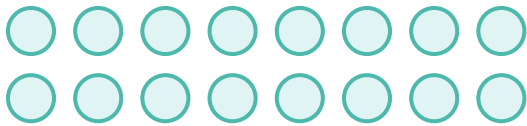
STRONG IS HARD

Fitness Journal

DATE: ____ / ____ / 2026

TODAY'S ANCHOR THOUGHT:

WATER INTAKE



(8 Ounces serving Size)

NUTRITION GOAL

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. _____

ASSESSMENT MEASUREMENTS

WEIGHT: _____ RIGHT ARM: _____

CHEST: _____ LEFT ARM: _____

BELLY: _____ RIGHT THIGH: _____

HIPS: _____ LEFT THIGH: _____

ASSESSMENT MOVEMENTS

PUSH UPS _____

CRUNCHES _____

SQUATS _____

PLANK HOLD _____

ONLINE CHECK IN COMPLETED

YES NO