

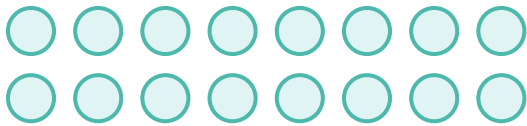
STRONG IS HARD

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. _____

MY NUTRITION GOALS (CORE: 2 | ELITE: 4):

- Protein at every meal
- No alcohol
- No drive-thru/fast food
- No eating after 7:00 p.m.
- No sweets/desserts
- Veggies at least 2x per day
- No sugary drinks
- Plan or prep food daily
- One plate per meal (no seconds)
- Eat out max 2x per week

ONLINE CHECK IN COMPLETED

YES NO