

# DAILY WORKOUT

## *planner*

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### TODAY'S GOALS

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### WATER INTAKE

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### WORKOUT

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### TIME

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### NOTE

**"ANYTHING  
WORTH HAVING  
TAKES TIME."**

# WORKOUT GOAL *planner*

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## WHAT ARE MY FITNESS GOALS?

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## WHAT STEPS WILL I TAKE TO ACHIEVE THESE GOALS?

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## NOTE

**"INVEST IN YOUR  
HEALTH NOW, SO  
YOU'RE NOT PAYING  
FOR IT LATER."**

# WORKOUT PROGRAM

## *planner*

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### MY CURRENT WORKOUT PROGRAM:

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### MY CURRENT WORKOUT PODCAST OR PLAYLIST:

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### NOTE

**"PUSH YOURSELF.  
NO ONE ELSE IS  
GOING TO DO IT  
FOR YOU."**

# WEEKLY WORKOUT

## *schedule*

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**"DON'T STOP WHEN  
YOU'RE TIRED. STOP  
WHEN YOU'RE  
DONE."**



# MY NOTES

A series of horizontal dotted lines for writing notes.