30 Day

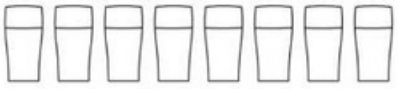
WEIGHT LOSS

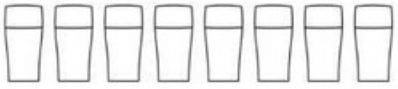
Journal

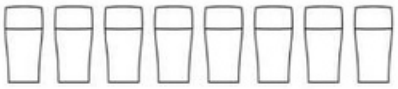
I can
and
I will
WATCH ME

Water Challenge

DAY 1 

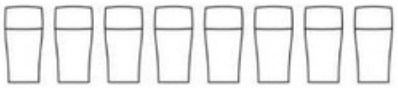
DAY 2 

DAY 3 

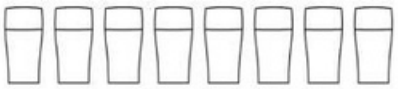
DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

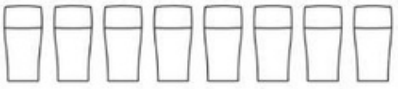
DAY 12 

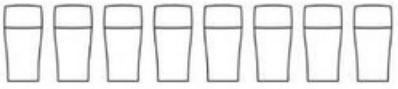
DAY 13 

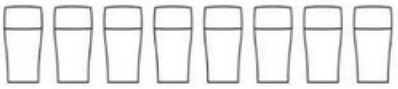
DAY 14 

DAY 15 

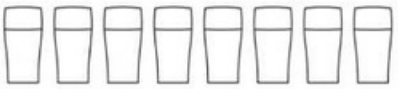
DAY 16 

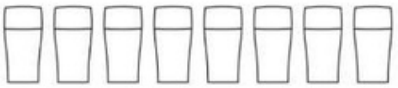
DAY 17 

DAY 18 

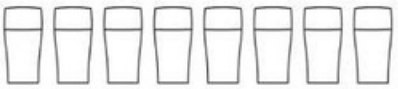
DAY 19 

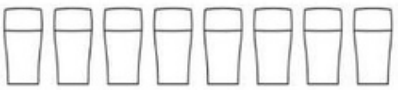
DAY 20 

DAY 21 

DAY 22 

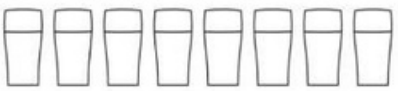
DAY 23 

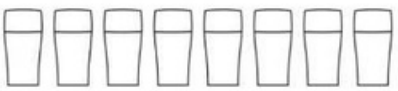
DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

WORKOUT *Tracker*

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



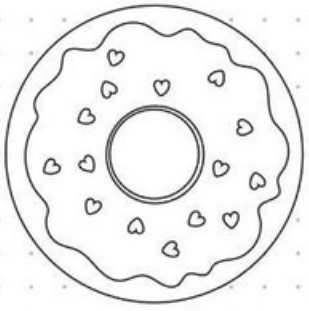
☐ Cardio

☐ Strength Training

☐ Yoga

☐ Rest Day

HABIT Tracker



No Sugar

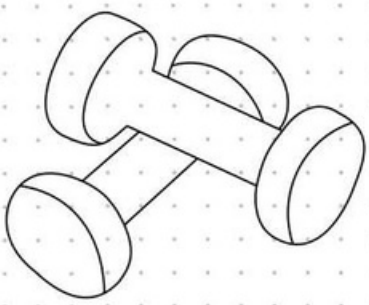
Hydrate

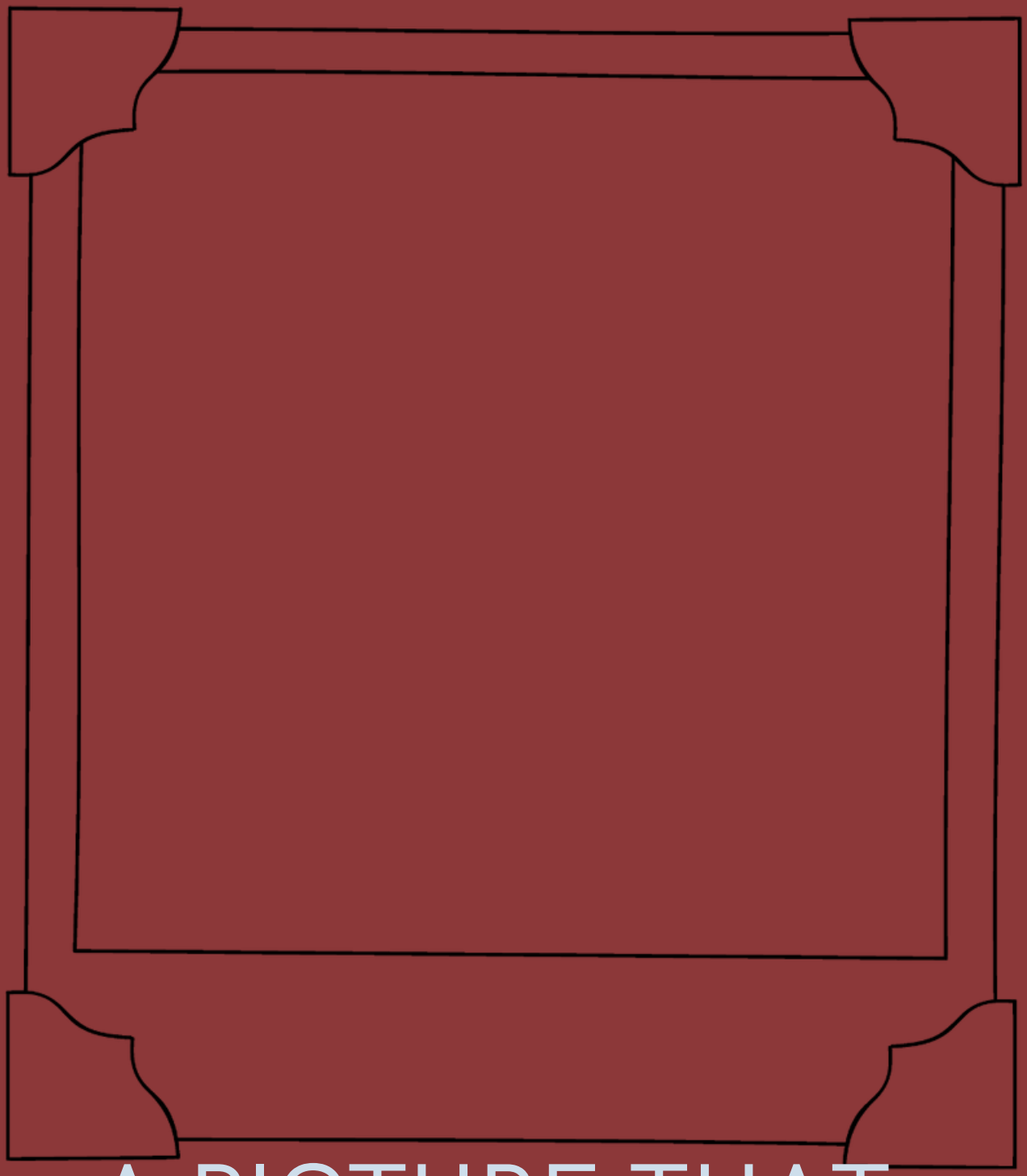


5 Fruit or Veg



Workout

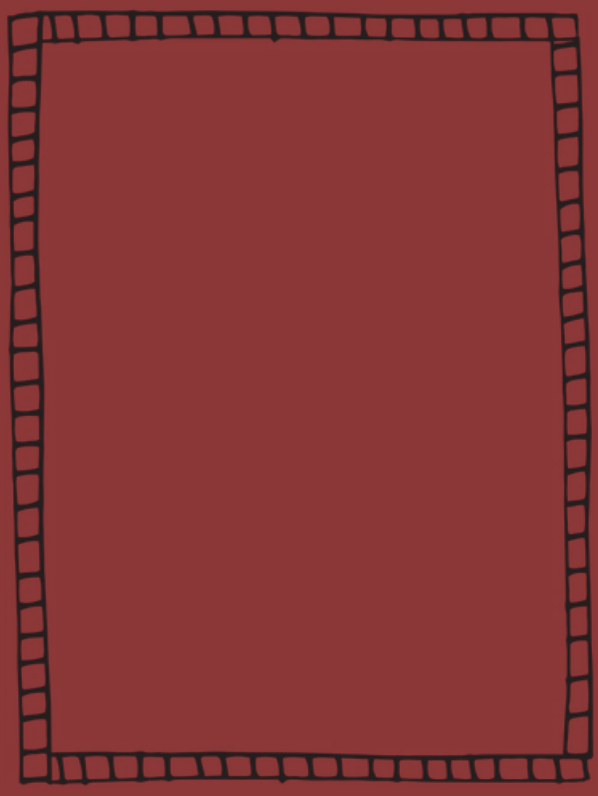


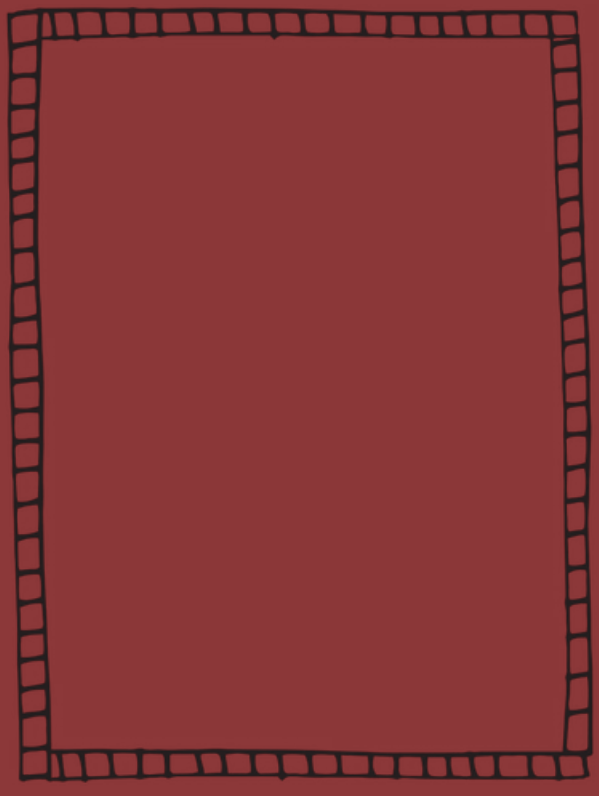


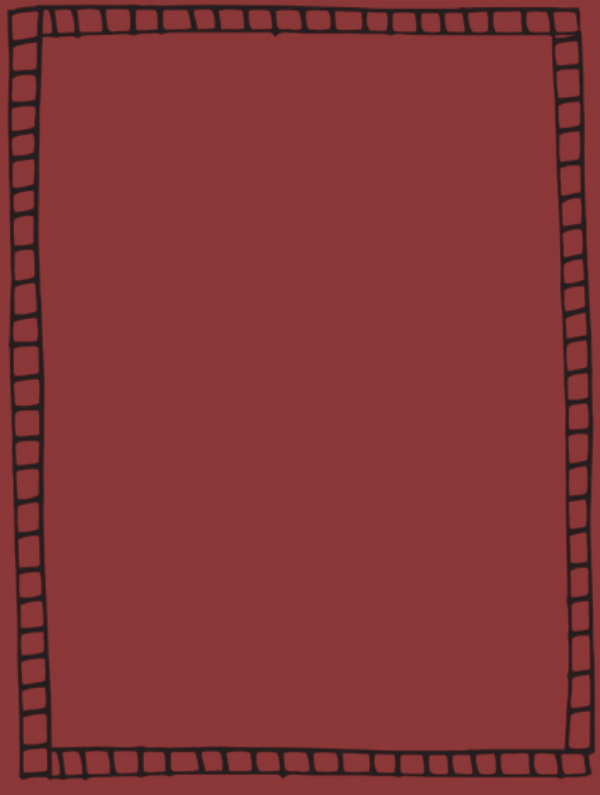
A PICTURE THAT MOTIVATES ME

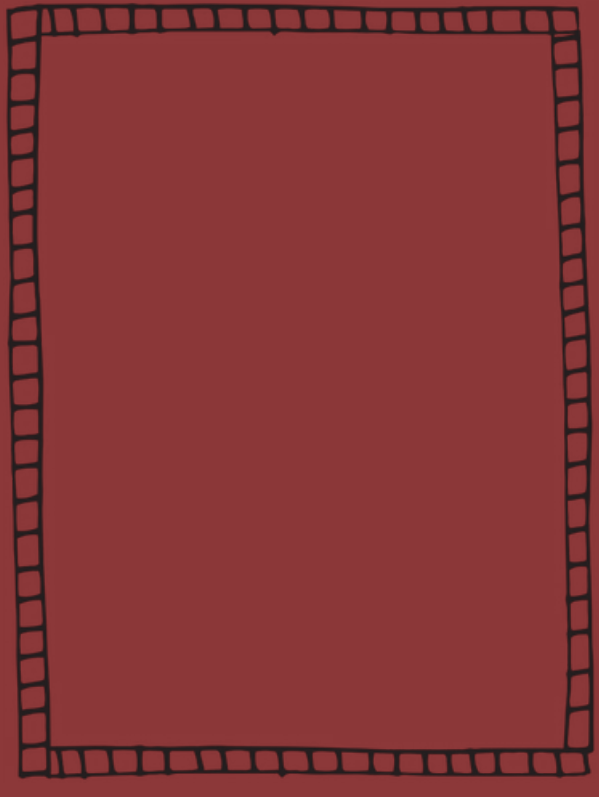
Do something
today
that your
future *self*
will **thank** you for

REASONS I WANT TO LOSE WEIGHT









DON'T

ignore

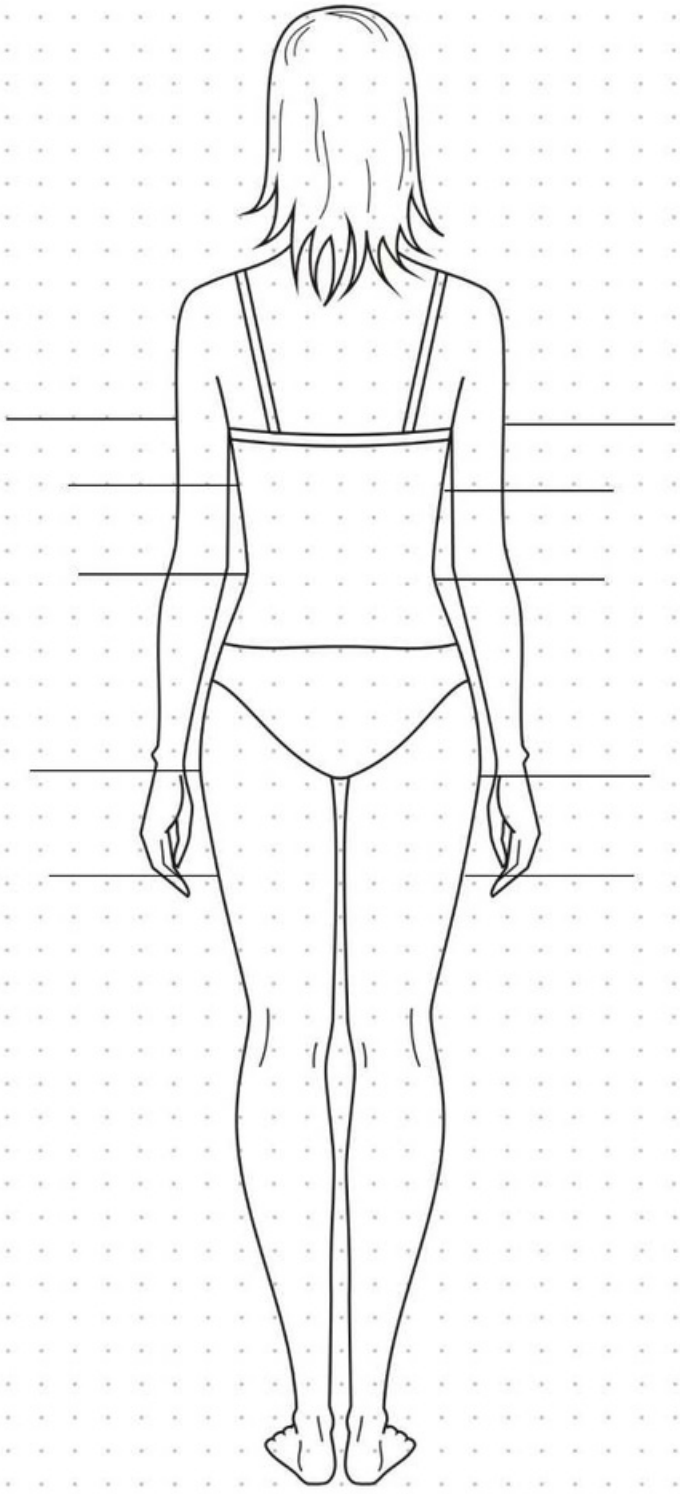
your own

POTENTIAL

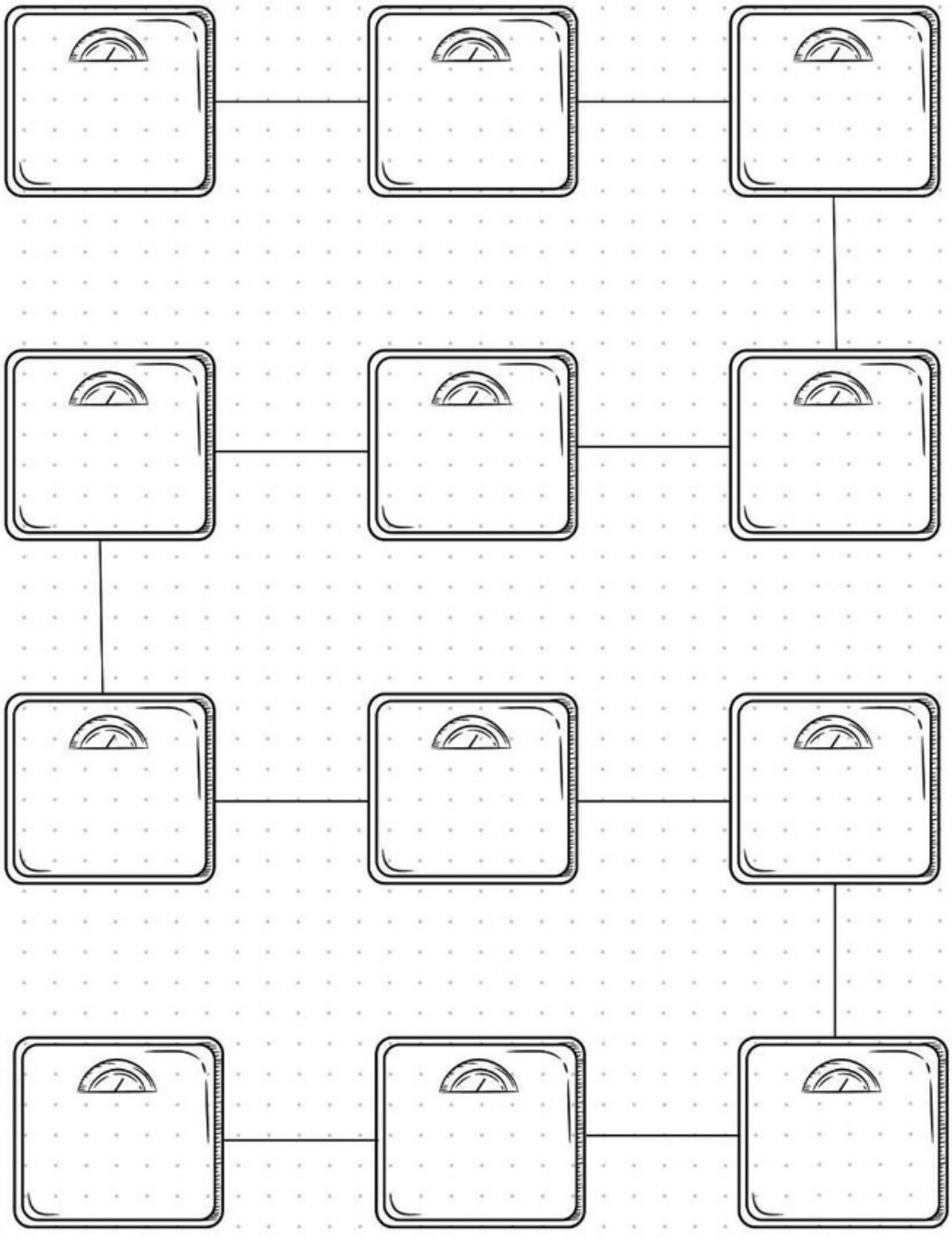
WEIGHT LOSS *Tracker*

BEFORE

AFTER



Weight Loss Tracker



WEIGHT LOSS **Tracker**

Pounds to Lose



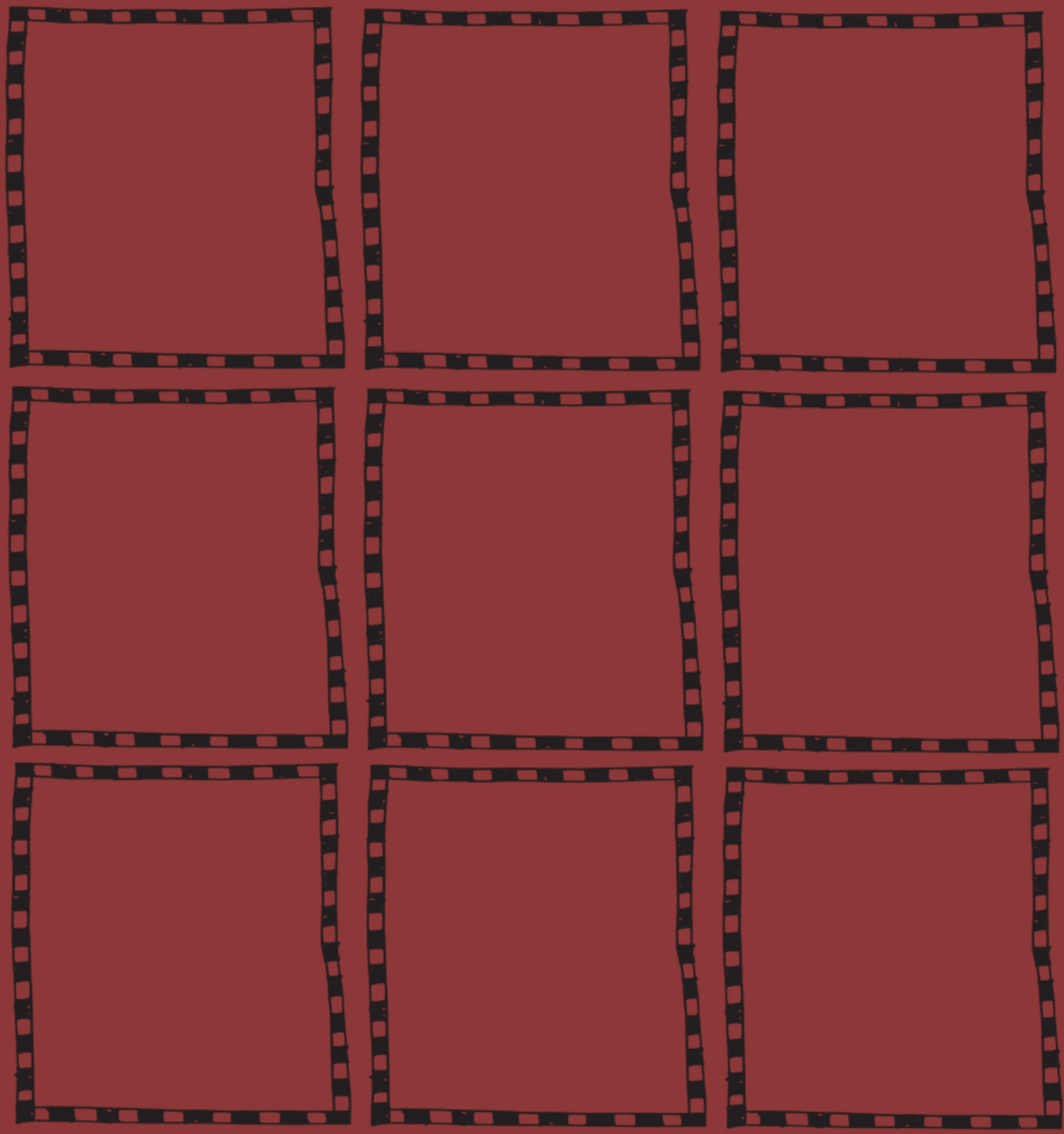
Pounds Lost



A
Negative mind
will NEVER
Give You a
Positive life

MY GOALS

THINGS I AM GOING TO DO TO GET WHERE I WANT TO BE

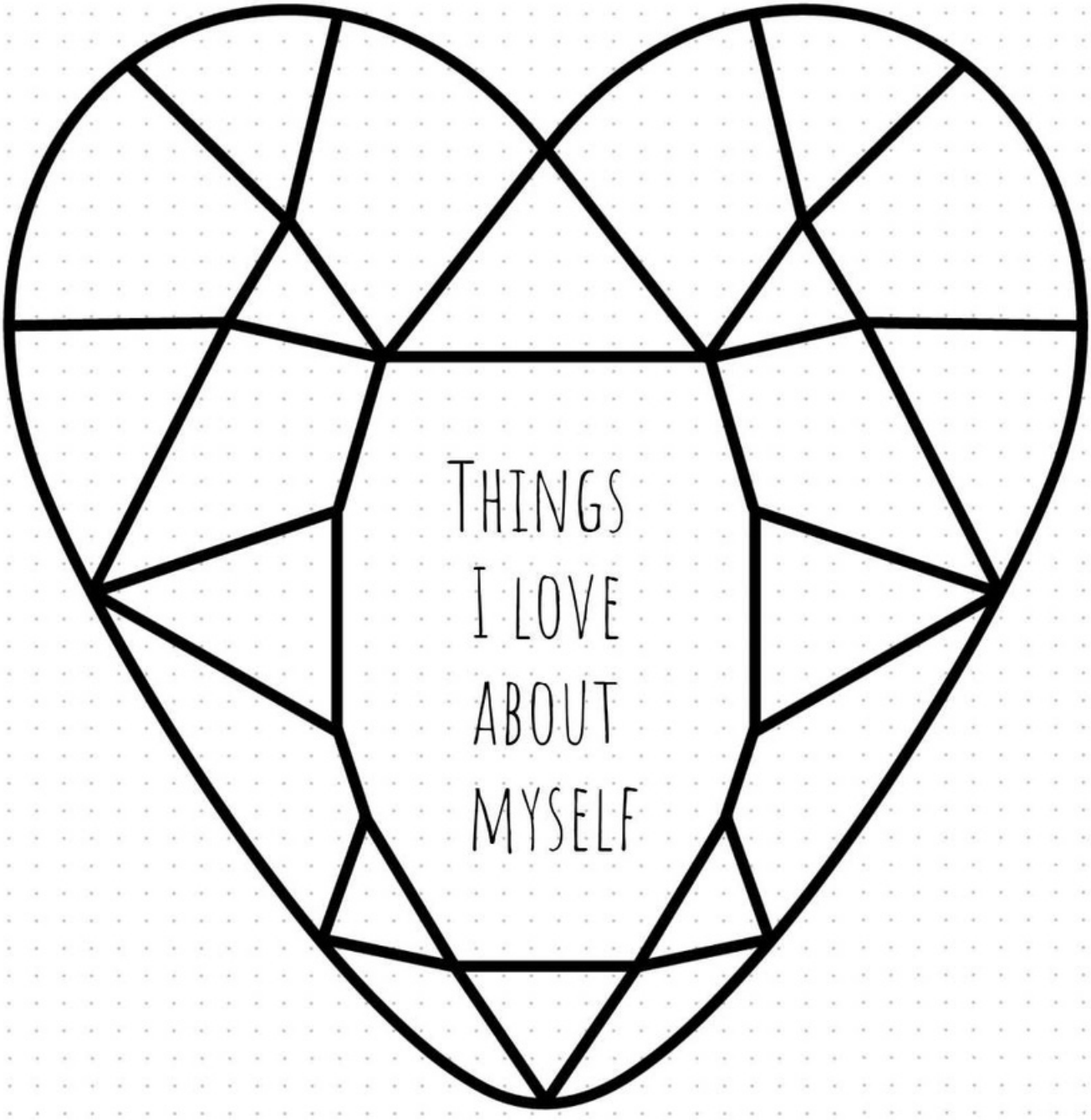


Don't STOP

UNTIL

you're

PROUD


THINGS
I LOVE
ABOUT
MYSELF


Stay
determined


WEEK 1

Your are

What you do

not

what you say

you will do

MENU PLAN

Monday

Tuesday

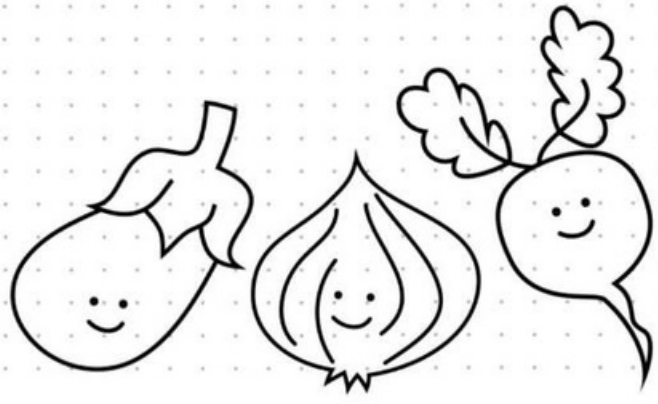
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

DATE:



Great things

NEVER came

from

Comfort zones

WEEK 2

Discipline is choosing

between *what you want*

NOW

and *what you want*

MOST

Abraham Lincoln

MENU PLAN

Monday

Tuesday

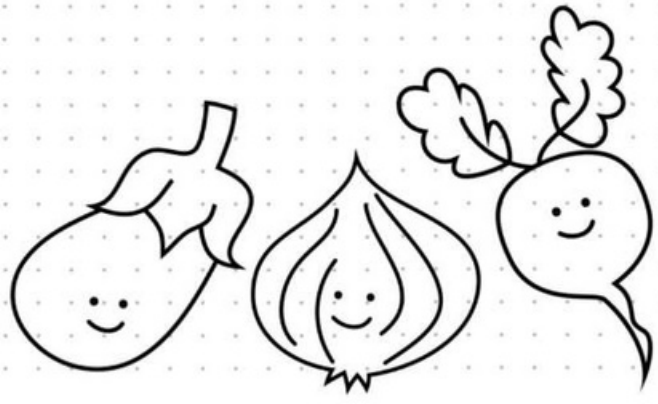
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

DATE:



Your

ONLY LIMIT

is *your*

MIND

WEEK 3


you only fail
when you
stop trying

MENU PLAN

Monday

Tuesday

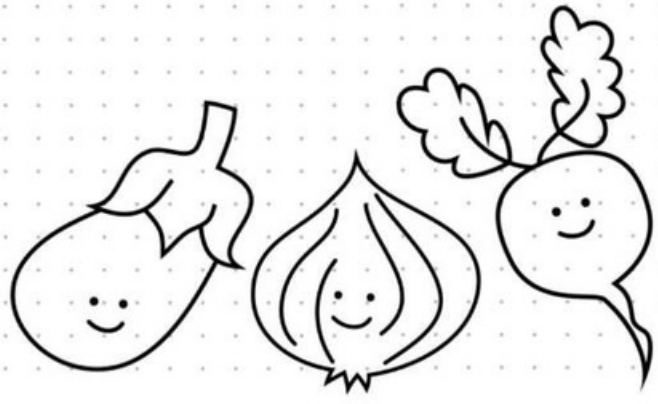
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

DATE:



Do what you **have to do**
until
you can do what you
want to do

Oprah Winfrey

WEEK 4

Be **stronger** *than your* **excuses**

MENU PLAN

Monday

Tuesday

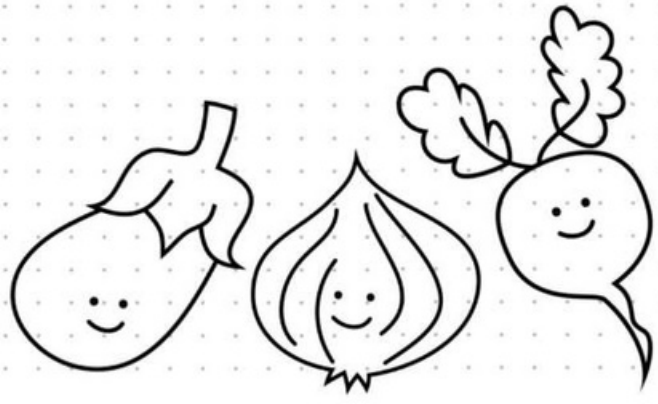
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

DATE:



DON'T expect
to see a
CHANGE
if YOU DON'T
make one