

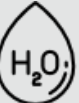






My FIT Log

- Do at least three High Intensity Dumbbell Workouts a week.
- All the other goals should be accomplished every day, throughout the week.
- Check the goal off when you have accomplished it!

	Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Comments
	Dumbbell Workout								
	Other Daily Moving (30 minutes minimum)								
	8 Glasses of Water (minimum)								
	3 Cups of leafy greens and veggies (minimum)								
	Protein with Every Meal								
	7 Hours of Sleep (minimum)								
	Positive Self Talk								

*Icons made by [Freepik](http://www.flaticon.com) from www.flaticon.com