

# **FITNESS JOURNAL TRACKING WORKSHEETS**

sheets for planning, tracking, measuring,  
and logging your progress & staying  
organized

# CONSISTENCY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Jan 10</b> weigh-in: calories eaten: on the days your intake hits your goal intake, go ahead & x that day out! the goal is to get as many x's as possible	<b>Jan 11</b> weigh-in: calories eaten:	<b>Jan 12</b> weigh-in: calories eaten:	<b>Jan 13</b> weigh-in: calories eaten:	<b>Jan 14</b> weigh-in: calories eaten:	<b>Jan 15</b> weigh-in: calories eaten:	<b>Jan 16</b> weigh-in: calories eaten:
<b>Jan 17</b> weigh-in: calories eaten:	<b>Jan 18</b> weigh-in: calories eaten:	<b>Jan 19</b> weigh-in: calories eaten:	<b>Jan 20</b> weigh-in: calories eaten:	<b>Jan 21</b> weigh-in: calories eaten:	<b>Jan 22</b> weigh-in: calories eaten:	<b>Jan 23</b> weigh-in: calories eaten:
<b>Jan 24</b> weigh-in: calories eaten:	<b>Jan 25</b> weigh-in: calories eaten:	<b>Jan 26</b> weigh-in: calories eaten:	<b>Jan 27</b> weigh-in: calories eaten:	<b>Jan 28</b> weigh-in: calories eaten:	<b>Jan 29</b> weigh-in: calories eaten:	<b>Jan 30</b> weigh-in: calories eaten:
<b>Jan 31</b> weigh-in: calories eaten:	<b>Feb 1</b> weigh-in: calories eaten:	<b>Feb 2</b> weigh-in: calories eaten:	<b>Feb 3</b> weigh-in: calories eaten:	<b>Feb 4</b> weigh-in: calories eaten:	<b>Feb 5</b> weigh-in: calories eaten:	<b>Feb 6</b> weigh-in: calories eaten:

avg weigh in

avg weigh in

avg weigh in

avg intake

avg intake

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<b>Feb 14</b> weigh-in: calories eaten:	<b>Feb 15</b> weigh-in: calories eaten:	<b>Feb 16</b> weigh-in: calories eaten:	<b>Feb 17</b> weigh-in: calories eaten:	<b>Feb 18</b> weigh-in: calories eaten:	<b>Feb 19</b> weigh-in: calories eaten:	<b>Feb 20</b> weigh-in: calories eaten:
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avg weigh in

avg intake

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avg intake

# Daily Food Plan

Connect the dots between your meal plan & what you actually eat

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Jot your planned calories down (roughly) at the start of each day or the night before. Then as the day goes on, if anything changes from your plan, adjust as you go. It's a little like a puzzle to make your day fit together as you need it too - while staying perfectly flexible.

Print multiple or use the same method in your journal. Most apps let you "quick add" right in the app so you can add calories as placeholders. This is what I refer to as "calorie blocking"

	<b>Planned calories</b>	<b>Eaten calories</b>
Meal 1:		
Meal 2:		
Meal 3:		
Meal 4:		
Meal 5:		
Other:		
	<b>Total:</b>	<b>Total:</b>

# Weigh-In Tracking

A week to week, month to month, quarter to quarter, & year to year view of progress!

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## WEEKLY

Week Ending -  
Jan 9th -  
Jan 16th -  
Jan 23rd -  
Jan 30th -  
Feb 6th -  
Feb 13th -  
Feb 20th -  
Feb 27th -  
March 6th -

**Average**

**Change from previous week**

## MONTHLY

January -  
February -  
March -  
April -  
May -  
June -  
July -  
August -  
September -  
October -  
November -  
December -

**Average**

**Change from previous month**

## QUARTERLY

Jan - March -  
April - June -  
July - September -  
October - December -

**Average**

**Change from previous quarter**

## YEARLY

2021 -  
2022 -  
2023 -

**Average**

**Change from previous year**

# Measurement Tracking

A non-scale tool to understand weight-loss progress differently

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<b><u>JANUARY</u></b>	<b>MEASUREMENT</b>	<b><u>JULY</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	
<b><u>FEBRUARY</u></b>	<b>MEASUREMENT</b>	<b><u>AUGUST</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	
<b><u>MARCH</u></b>	<b>MEASUREMENT</b>	<b><u>SEPTEMBER</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	
<b><u>APRIL</u></b>	<b>MEASUREMENT</b>	<b><u>OCTOBER</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	
<b><u>MAY</u></b>	<b>MEASUREMENT</b>	<b><u>NOVEMBER</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	
<b><u>JUNE</u></b>	<b>MEASUREMENT</b>	<b><u>DECEMBER</u></b>	<b>MEASUREMENT</b>
CHEST:		CHEST:	
UPPER WAIST:		UPPER WAIST:	
BELLY BUTTON:		BELLY BUTTON:	
ARM:		ARM:	
GLUTES:		GLUTES:	
THIGH:		THIGH:	

# MEAL Plan

## WORKSHEET OVERVIEW

Breakfast    Lunch    Snack    Snack    Dinner

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Feel free to rename the meals as they best fit your schedule. You don't need to rigidly stick to what you planned either. The point is to give you a good idea of what your week is going to look like. Plan for options too when things change - because they will!**

# *weekly* meal planner

A gridded view may keep you more organized, but feel too locked in. Use this template instead if you want your eating to feel a little more free.

monday

tuesday

wednesday

thursday

friday

saturday

sunday

*Shopping list*

*weekly*  
**shopping list**

**Pantry**

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**Produce**

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**Protein**

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**notes**

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**extra treats**

*you can do it!*

# GOAL SETTING

**Your Goals**

**Action Steps**

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Date	Progress

*you can do it!*

# GOAL SETTING

**Your Goals**

**Action Steps**

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Date	Progress

# Notes

## Thoughts, Feelings, & Ideas

A place to jot down anything you might want to remember for later such as non-scale victories, emotions coming up, habits you have, or ideas on how to be more consistent.

A large, empty white rectangular area intended for writing notes, occupying the majority of the page below the introductory text.

# Notes

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# WORKOUT CONSISTENCY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL ACTIVE TIME
<p>Jan 10</p> <p>workout planned:</p> <p>workout done:</p> <p>on the days you workout, go ahead &amp; x that day out!</p>	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	TOTAL ACTIVE TIME
Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	TOTAL ACTIVE TIME
Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	TOTAL ACTIVE TIME
Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	TOTAL ACTIVE TIME

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<b>Feb 28</b>	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>	<b>March 4</b>	<b>March 5</b>	<b>March 6</b>	TOTAL ACTIVE TIME