NuLean®

Get Your Body Back–NOW!

FITNESS JOURNAL PAGE

TRACK YOUR PROGRESS WITH MORE THAN JUST NUMBERS…

Keeping a fitness journal is a popular and useful way to track your progress toward your goals. Whether your goal is to lose weight, or simply get healthier, consider copying this page to create your own personal diary of your journey on the path to wellness. It can give you an opportunity to look back at your week's progress at a glance or check to see if you exercised each day. Should your commitment to the program falter, you can see what went wrong and fix the problem before it gets out of hand. Or, if you reach a plateau, you can look back on a particularly good day or week and duplicate it.

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