

LIVE HEALTHY
Everyday

UNSTOPPABLE

I believe

LIVE HEALTHY

Everyday

GOALS

Triggers

MY MEDICATIONS

Allergies:

NAME REASON DOSE TIME OF DAY

MY MEDICAL HISTORY

PAST SURGERIES

Past Illness or Chronic Disease

MAKE TODAY AWESOME!

TODAY IS:

TODAY'S MEALS

Tomorrow's Plan ...

DRINK UP!



EXERCISE/ACTIVITY

MOOD, BP, WEIGHT

You don't have to be perfect to be making progress.

New balance is coming to my body.

My body is strong, peaceful, healthy, and happy.

I love my buttocks.

Developing healthy habits becomes easier everyday.

I eat lean, clean, fresh and green.

My body burns fat like a furnace.

I drink lots of water.

I choose energetic healthy foods.

I am healthy, focused, and determined.

I am releasing negativity and holding joy in my heart.

I believe in the person I am becoming.

I am feeling healthy and strong today.