



1GlowWithin
90 Day Fitness Planner
Part 3
Glow & Reflection
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Part 3: WELCOME TO PART 3

✨ Welcome to Your Final 30 Days ✨

You've built a strong foundation and stayed consistent — now it's time to reflect, realign, and radiate.

Part 3 of your GlowWithin journey invites you to celebrate your transformation and deepen your connection to self.

These final pages are designed to help you pause, appreciate your progress, and continue glowing far beyond the 90 days.

“Gratitude turns what we have into enough.”

REFLECT & RECHARGE

How to Use These Final Pages

- 🌸 Reflect on Your Wins: Look back on your first 60 days and celebrate the moments that made you proud.
- 🌱 Reconnect to Your Why: Revisit your original goals and notice how your mindset has shifted.
- 💧 Restore Your Energy: Prioritize rest, nourishment, and mindful movement.
- ✨ Reignite Your Vision: Use the review section to plan your next 90 days with clarity and confidence.

Reflection is not an ending — it's a renewal of purpose.

Day 57

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 58

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 59

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 60

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 61

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 62

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 63

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Weekly Reflection — Week 9

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

"I am stronger than my excuses."

Day 64

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 65

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 66

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 67

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 68

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 69

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 70

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Weekly Reflection — Week 10

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

"I am stronger than my excuses."

Day 71

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 72

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 73

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 74

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 75

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 76

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 77

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Weekly Reflection — Week 11

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

“I am stronger than my excuses.”

Day 78

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 79

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 80

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 81

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 82

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 83

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 84

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Weekly Reflection — Week 12

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

“I am stronger than my excuses.”

Day 85

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 86

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 87

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 88

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 89

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 90

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

■ Congratulations! You've completed the
1GlowWithin 90-Day Journey ■

90-Day Progress Review Reflect on your progress:

- Biggest accomplishments over the 90 days
- Key habits developed
- Areas for continued growth.

“Keep glowing, inside and out!”

BONUS! Glow Recipes & Smoothie Guides 🥤🥗

Quick Glow Smoothies 🥤

Beauty-Boosting Meals 🥗

Healthy Snack Ideas 🍓

Personal Recipe Notes 📝

Quick Glow Smoothies 🥤 “Sip Your Way to Radiance”



Recipes: 1. Green Glow Smoothie 🌿

- 1 cup spinach, 1 frozen banana, ½ avocado, 1 cup almond milk, 1 tsp chia seeds. Beauty Boost: Packed with antioxidants + healthy fats for glowing skin.

2. Berry Radiance Blend 🍓

- 1 cup frozen berries, ½ cup Greek yogurt, 1 tbsp honey. 1 tsp flaxseeds. ½ cup water. Beauty Boost: Rich in vitamin C to brighten and protect your skin.

3. Tropical Glow-Up 🍓

- 1 cup pineapple, ½ mango. ½ cup coconut water
- 1 tbsp collagen powder (optional). Beauty Boost: Hydrates skin and supports natural elasticity.

Tip: Include small circles ☐ next to ingredients for grocery checklist use.

Beauty-Boosting Meals 🥗

“Eat Well, Glow Well” 🌸

Recipe 1: Buddha Glow Bowl 🥢

- Quinoa base
- Roasted chickpeas
- Avocado slices
- Mixed greens
- Tahini dressing
- Benefits: Protein-packed + omega-rich for skin repair.

Recipe 2: Salmon Skin Saver 🐟

- Grilled salmon fillet
- Steamed broccoli
- Sweet potato mash
- Lemon-garlic dressing
- Benefits: High in omega-3 + collagen support for youthful skin.

Recipe 3: Chicken Glow Wraps 🥙

- Whole-wheat tortilla
- Shredded grilled chicken
- Spinach + cucumber slices
- Greek yogurt dressing
- Benefits: Lean protein + hydration support.

Healthy Snack Ideas 🍓

“1Glow-Friendly Snacks”

Quick Snack Inspirations:

- Cucumber slices + hummus
- Mixed nuts + dried fruit
- Greek yogurt + berries
- Rice cakes + almond butter
- Dark chocolate squares (70%+)

Personal Recipe Notes 🍴 “YOUR 1Glow Recipes”

Recipe Name -

Ingredients -

Steps -

YOUR Glow Benefits -

CELEBRATION / CONCLUSION



Congratulations — You've Completed the 1GlowWithin 90-Day Journey!

You've shown up for yourself with patience, purpose, and consistency.

Your glow is the reflection of your inner balance, your resilience, and your self-love.

Take this moment to feel proud of how far you've come and trust that this glow will continue to grow.

Keep glowing from the inside and out.

"The glow you carry is the light you've built from within."

1GLOWWITHIN



**The glow you see on the
outside is the peace you've
built within."**



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