



[Goal Setting]

EXERCISE

Being active is not only great for your physical fitness, but it can also improve your mental wellbeing.

It is important to maintain a regular exercise routine both in and out of the gym.

YOUR TOP 3 EXERCISE GOALS

1.

2.

3.



ON THE MENU

W/C

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WEDS				
THURS				
FRI				
SAT				
SUN				

HYDRATION

M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
W	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SHOPPING LIST

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NUTRITION

HEALTHY HABITS

W/C _____

	M	T	W	T	F	S	S
WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10,000 STEPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

W/C _____

	M	T	W	T	F	S	S
WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10,000 STEPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

W/C _____

	M	T	W	T	F	S	S
WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10,000 STEPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

W/C _____

	M	T	W	T	F	S	S
WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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REST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXERCISE

WORKOUT 1

EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	CALS

WORKOUT 2


EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	CALS

WORKOUT 3


EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	CALS

WORKOUT 4

EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	CALS

 Fat percentage - total

 Muscle percentage - total

 Bone mass percentage

 Body water percentage

 Other tissue

ADDITIONAL MEASUREMENTS

LEAN BODY MASS

kg/lbs

BODY FAT MASS

kg/lbs

VISCERAL FAT MASS

kg/lbs

WEIGHT

kg

EXERCISE

MOOD TRACKER

It can be difficult to understand what may be affecting changes in your mood, or how you are truly feeling overall. That's where tracking can help.

Track your mood each day to spot patterns, identify areas of your life that may need attention, and recognise where you are already doing well.



happy



ok



sad



angry

W/C	Mon	Tues	Weds	Thurs	Fri	Sat	Sun

SLEEP TRACKER

W/C _____

BEDTIME WAKE UP

MON		
TUES		
WEDS		
THURS		
FRI		
SAT		

ENERGY LEVEL (1=LOW - 10=HIGH)

1	2	3	4	5	6	7	8	9	10
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W/C ^{SUN} _____

MON		
TUES		
WEDS		
THURS		
FRI		
SAT		

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W/C ^{SUN} _____

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W/C ^{SUN} _____

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WEDS		
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SAT		

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SLEEP & RECOVERY