

FITNESS HEALTH FRUITS
ENERGY WORKOUT GYM
WEIGHT LOSS VITAMINS
VEGETABLES FITNESS
FOOD HABITS RUN SWIM
RAINS HEALTH FRUITS
ENERGY WORKOUT GYM
WEIGHT LOSS VITAMINS
VEGETABLES FITNESS
FOOD HABITS RUN SWIM
FITNESS HEALTH FRUITS
ENERGY WORKOUT GYM
WEIGHT LOSS VITAMINS
VEGETABLES FITNESS
FOOD HABITS RUN SWIM

HABITS TRACKER

2020

FITNESS PLANNERS



ABOUT US



Hi!

Thank you very much for taking the “big challenge” survey! We are a family business that is sincerely committed to our customers’ satisfaction, so this survey will be extremely helpful for us.

Please enjoy this compilation of fitness & health planners we have prepared especially for you. We hope they help you lead an even healthier life and keep track of your progress! =)

If you are interested in home workouts, we encourage you to check the FREE online video tutorials in the Members Portal at our website. To get exclusive access to Portal, you may go to www.limmgroup.com < Members’ Portal (menu top right). Please let me know if you need any additional help.

We would be most grateful if you could give us feedback about the material and the product. You can email me directly at lisa@limmgroup.com and I will answer you personally.

We would love to hear from you!

Best regards,

Lisa Moll



Join the team @BetterWorkouts :)

HEALTH AND FITNESS GOALS

My VISION for the year

My Inspiring Quote:

Notes:

Goal #1

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Goal #2

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Goal #3

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Goal #4

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Goal #5

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Goal #6

What?

Why?

Milestones:

-
-
-

Rewards:

-
-
-

Weekly Fitness Planner

Week of:

Goals

Notes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today's focus							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

Water Intake



Fruit Portions



Vegetable Portions



**THE ONLY BAD
WORKOUT
IS THE ONE
YOU
DIDN'T DO**

**THE PAIN
YOU FEEL
TODAY**

— IS THE —

**STRENGTH
YOU FEEL
TOMORROW**



Monthly Fitness Tracking

Month of: _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goals

-
-
-
-
-

“A journey of a thousand miles begins with a single step”
Laozi

Notes

**YOU WILL
NEVER KNOW
YOUR
LIMITS
UNLESS YOU
PUSH
YOURSELF
TO THEM**

Weekly Fitness Tracking

Month of: _____

Monday

WORKOUT

Strength


Cardio

MEAL PLANNER

B

L

D

Water Intake 

Tuesday

WORKOUT

Strength


Cardio

MEAL PLANNER

B

L

D

Water Intake 

Wednesday

WORKOUT

Strength


Cardio

MEAL PLANNER

B

L

D

Water Intake 

Thursday

WORKOUT

Strength

Cardio

MEAL PLANNER

B

L

D

Water Intake 

Friday

WORKOUT

Strength

Cardio

MEAL PLANNER

B

L

D

Water Intake 

Saturday

WORKOUT

Strength


Cardio

MEAL PLANNER

B

L

D

Water Intake 

Sunday

WORKOUT

Strength


Cardio

MEAL PLANNER

B

L

D

Water Intake 

Notes

.....

.....

.....

.....

.....

.....

.....



WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED



Limits of Liability / Disclaimer of Warranty:

The authors of this information have used their best efforts in preparing this content. The authors make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this content. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages.

Any unauthorized reprint or use of this material is strictly prohibited.