### HABITS TRACKER



### 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.

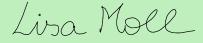
Please enjoy this compilation of fitness & health planners we have prepared especially for you. We hope they help you lead an even healthier life and keep track of your progress! =)

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,









### **HEALTH AND FITNESS GOALS**

My	VISION for the	year	My Inspiring	Quote:	Notes:
Goal #1	Goal #2	Goal #3	Goal #4	Goal #5	Goal #6
What?	What?	What?	What?	What?	What?
Why?	Why?	Why?	Why?	Why?	Why?
Milestones:	Milestones:	Milestones:	Milestones:	Milestones:	Milestones:
Rewards:	Rewards:	Rewards:	Rewards:	Rewards:	Rewards:







### • • Weekly Fitness Planner • • •

	Monday	Tuesday	Wednesday 🗌	Thursday	Friday	Saturday	Sunday
	focus	focus focus	focus	focus	focus	focus focus	focus
	6:00	6:00	6:00	6:00	6:00	6:00	6:00
Goals	6:30	6:30	6:30	6:30	6:30	6:30	6:30
	7:00	7:00	7:00	7:00	7:00	7:00	7:00
	7:30	7:30	7:30	7:30	7:30	7:30	7:30
	8:00	8:00	8:00	8:00	8:00	8:00	8:00
	8:30	8:30	8:30	8:30	8:30	8:30	8:30
	9:00	9:00	9:00	9:00	9:00	9:00	9:00
	9:30	9:30	9:30	9:30	9:30	9:30	9:30
	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:00	11:00	11:00	11:00	11:00	11:00	11:00
	11:30	11:30	11:30	11:30	11:30	11:30	11:30
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
	12:30	12:30	12:30	12:30	12:30	12:30	12:30
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	2:00	2:00	2:00	2:00	2:00	2:00	2:00
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oles	3:00	3:00	3:00	3:00	3:00	3:00	3:00
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	4:00	4:00	4:00	4:00	4:00	4:00	4:00
	4:30	4:30	4:30	4:30	4:30	4:30	4:30
	5:00	5:00	5:00	5:00	5:00	5:00	5:00
	5:30	5:30	5:30	5:30	5:30	5:30	5:30
	6:00	6:00	6:00	6:00	6:00	6:00	6:00
	6:30	6:30	6:30	6:30	6:30	6:30	6:30
	7:00	7:00	7:00	7:00	7:00	7:00	7:00
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	10:00 10:30	10:00 10:30	10:00 10:30	10:00 10:30	10:00	10:00 10:30	10:00 10:30
Water Intake	0000000	0000000	0000000	0000000	0000000	0000000	0000000
Fruit Portions	٥٥٥٥	\$\$\$\$\$	٥٥٥٥	٥٥٥٥	<b>6666</b>	٥٥٥٥	<b>\$\$\$</b> \$\$
Vegetable Portions	Å Å Å	DO DO DO	Å Å Å	DO BOBO	Å Å Å	A B B B	DO DO DO







### Workout Tracking

Month of:\_\_\_\_\_

EXERCISE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Example: 1. Burpees	X			X	X	X		X	X	X	X			X	X	X	X	X	X	X	X		X	X	X		X		X	X	
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### Monthly Fitness Tracking

Month of:\_\_\_\_\_

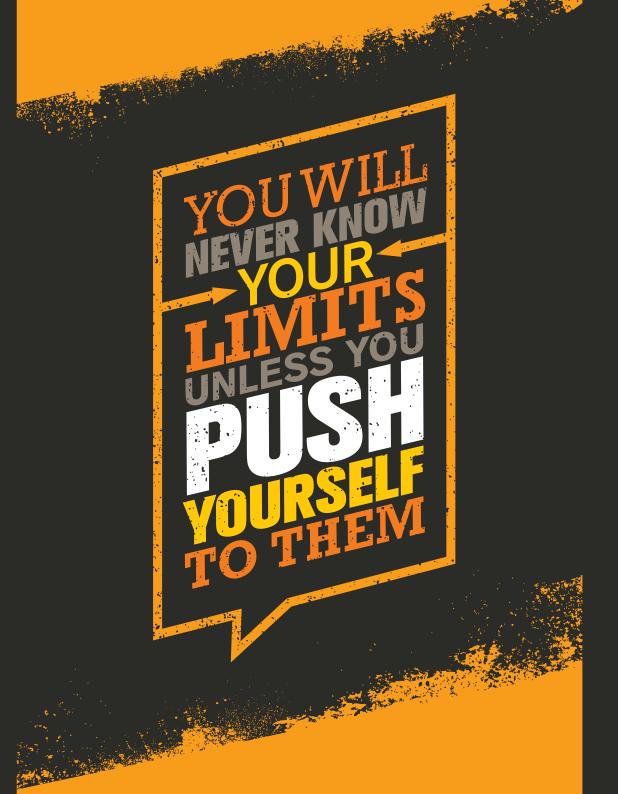
	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Thursday Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

	Goals	
0		
0		
0		
0		

"A journey of a thousand miles begins with a single step"

Notes	
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### • • • Weekly Fitness Tracking • • •

Month of:\_\_\_\_\_

Monday
WORKOUT
Strength
Cardio
MEAL PLANNER
<b>B</b>
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<b>D</b>
Water Intake \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\

Tuesday
WORKOUT
Strength
Cardio
MEAL PLANNER
<b>B</b>
<b>G</b>
<b>D</b>
Water Intake 0000000

Wednesd	day
· · · · · · · · · · · · · · · · · · ·	WORKOUT
Strength	
Cardio	
MEA	L PLANNER
<b>B</b>	
0	
<b>D</b>	
Water Intake 🔷	000000

Thursday
WORKOUT
Strength
Cardio
MEAL PLANNER
<b>B</b>
<b>D</b>
<b>D</b>
Water Intake ()()()()()

Friday
WORKOUT
Strength
Cardio
MEAL PLANNER
<b>B</b>
<b>D</b>
<b>D</b>
Water Intake \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\

Saturday
WORKOUT
Strength
Cardio
MEAL PLANNER
B
<b>D</b>
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Water Intake ()()()()()()

Sunday
WORKOUT
Strength
Cardio
MEAL PLANNER
<b>B</b>
<b>G</b>
<b>D</b>
Water Intake 0000000

Notes	



## THINK ABOUT



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