1 THRIVE

COMMAND YOUR LIFE

DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	ACTIVITY	WEE WEE
							TIME	A OF
							R E P S	TRACKER

DAY 7

DAY 6

DAY 5

DAY 4

DAY 3

Workout weekly tracker

EK OF

TIME REPS

DAY 2

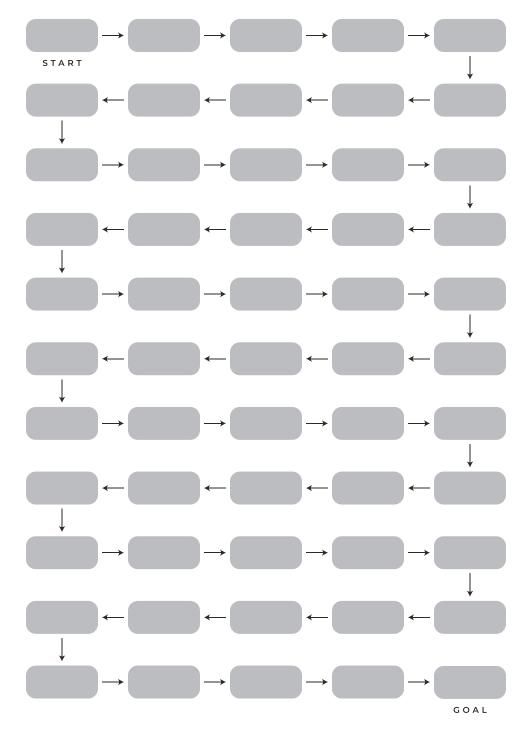
DAY 1

THE WEIGHT TRACKER

STARTING WEIGHT	GOAL WEIGHT	TARGET DATE
DATE	TIME OF DAY WEIGHT	BMI+/- COMMENTS

WEIGHTLOSSTRACKER

INSTRUCTIONS • TRACK YOUR PROGRESS BY FILLING IN EACH TIME YOU WEIGH IN.



COMMAND YOUR LIFE

Q O O N	SUNDAY						
	SATURDAY						
W E E K O F	FRIDAY						
ER	THURSDAY						
ANNER	WEDNESDAY						
LPL	TUESDAY						
MEA	MONDAY						
		BREAKFAST	SNACK	глисн	SNACK	DINNEB	SNACK

COMMAND YOUR LIFE

WHAT'S FOR DINNER

 $WEEK OF \dots$

PLAN		SHOP
MONDAY	O DINE IN	meat
	O DINE OUT	
	O TAKE OUT	
	O 1,4112 0 0 1	
TUESDAY	O DINE IN	
	O DINE OUT	produce —
	TAKE OUT	
	O TAKE OUT	
		:
WEDNESDAY	O DINE IN	:
	<u> </u>	
	O DINE OUT	
	O TAKE OUT	
		:
THURSDAY	O 5	
THORSDAT	O DINE IN	pantry
	O DINE OUT	
	O TAKE OUT	
FRIDAY	O DINE IN	
	O DINE OUT	
	O TAKE OUT	
SATURDAY	O DINE IN	
	O DINE OUT	other
	O TAKE OUT	
SUNDAY	O DINE IN	
	O DINE OUT	
	O TAKE OUT	
	_	

$\mathsf{HABIT} \mathscr{C} \mathsf{REWARD}$

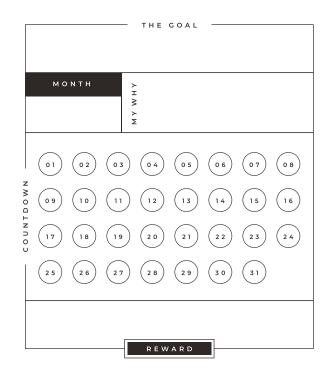
MONTHLY TRACKER

THE GOAL MONTH THE GOAL O1 02 03 04 05 06 07 08 O 09 10 11 12 13 14 15 16 THE GOAL REWARD

	мо	NTH		THE > 1 > 2 > 2	GOAL			
COUNTDOWN	01 09 17 25	0 2 10 18 26	0 3 11 19 27) (04) (12) (20) (28)	05 13 21 29	(06) (14) (22) (30)	07 15 23	08 16 24
			[REV	VARD	—		

HABIT & REWARD

MONTHLY TRACKER



Г				THE	GOAL			
	мо	NTH		> I >				
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	01	0 2	03	0 4	05	0 6	07	08
COUNTDOWN	0 9	10	11) (12)	13	14	15	16
LNOO	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31	
				REV	VARD			

1 THRIVE

WATER

INSTRUCTIONS • FILL IN A DROP FOR EACH GLASS YOU DRINK.

GOAL• FINISH THE MONTH WITH ALL YOUR DROPS FILLED.

_	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK	\Diamond \Diamond \Diamond \Diamond	\Diamond \Diamond \Diamond \Diamond	\Diamond \Diamond \Diamond \Diamond	\Diamond \Diamond \Diamond \Diamond	$\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{i}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{j}\bigvee_{j$	\Diamond \Diamond \Diamond \Diamond	$\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$
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м	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Ж	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
E K	SUNDAY SUNDAY	MONDAY MONDAY	TUESDAY TUESDAY	WEDNESDAY WEDNESDAY	THURSDAY THURSDAY	FRIDAY	SATURDAY SATURDAY
WEEK							

WATER

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_	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK							
2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK	0000	0000	0000	0000		0000	
м	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
E K	SUNDAY SUNDAY	MONDAY MONDAY	TUESDAY TUESDAY	WEDNESDAY WEDNESDAY	THURSDAY THURSDAY	FRIDAY	SATURDAY SATURDAY