1 THRIVE

COMMAND YOUR LIFE

WORKOUT
WEEKLY TRACKER

WEEK OF

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY							
TIME							
REPS							

WORKOUT
WEEKLY TRACKER

WEEK OF

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY							
TIME							
REPS							

1 THRIVE

COMMAND YOUR LIFE

THE *WEIGHT* TRACKER

STARTING *WEIGHT*		GOAL *WEIGHT*		TARGET *DATE*	

DATE	TIME OF DAY	WEIGHT	BMI +/-	COMMENTS

1THRIVE

WEIGHTLOSS TRACKER

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

START

GOAL

1THRIVE

COMMAND YOUR LIFE

MEALPLANNER

WEEK OF

MOOD

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

1 THRIVE

WHAT'S FOR DINNER

WEEK OF ....

PLAN

MONDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

TUESDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

WEDNESDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

THURSDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

FRIDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

SATURDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

SUNDAY
- ◯ DINE IN
- ◯ DINE OUT
- ◯ TAKE OUT

SHOP

meat
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....
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produce
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pantry
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other
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1 THRIVE

COMMAND YOUR LIFE

HABIT & REWARD
MONTHLY TRACKER

THE GOAL

MONTH	MY WHY

COUNTDOWN

(01) (02) (03) (04) (05) (06) (07) (08)

(09) (10) (11) (12) (13) (14) (15) (16)

(17) (18) (19) (20) (21) (22) (23) (24)

(25) (26) (27) (28) (29) (30) (31)

REWARD

HABIT & REWARD
MONTHLY TRACKER

THE GOAL

MONTH	MY WHY

COUNTDOWN

(01) (02) (03) (04) (05) (06) (07) (08)

(09) (10) (11) (12) (13) (14) (15) (16)

(17) (18) (19) (20) (21) (22) (23) (24)

(25) (26) (27) (28) (29) (30) (31)

REWARD

THE GOAL

MONTH	MY WHY

COUNTDOWN

(01) (02) (03) (04) (05) (06) (07) (08)

(09) (10) (11) (12) (13) (14) (15) (16)

(17) (18) (19) (20) (21) (22) (23) (24)

(25) (26) (27) (28) (29) (30) (31)

REWARD

THE GOAL

MONTH	MY WHY

COUNTDOWN

(01) (02) (03) (04) (05) (06) (07) (08)

(09) (10) (11) (12) (13) (14) (15) (16)

(17) (18) (19) (20) (21) (22) (23) (24)

(25) (26) (27) (28) (29) (30) (31)

REWARD

WATER
MONTHLY TRACKER

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 1							
WEEK 2							
WEEK 3							
WEEK 4							

WATER
MONTHLY TRACKER

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 1							
WEEK 2							
WEEK 3							
WEEK 4							