

1THRIVE

COMMAND YOUR LIFE

WORKOUT WEEKLY TRACKER

WEEK OF

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

WORKOUT WEEKLY TRACKER

WEEK OF

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

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WEIGHTLOSS TRACKER

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

A weight loss tracker grid consisting of 10 rows and 5 columns of rounded rectangular boxes. The first row starts with the word "START" in the first box. The last row ends with the word "GOAL" in the fifth box. Arrows indicate a path from left to right across each row, and then down to the start of the next row. The boxes are currently empty, intended for users to fill in their weight measurements.

PRINT SETTINGS • SCALE: 100% (NOT "SCALED TO FIT") | SIZE: ACTUAL SIZE

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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 _____

.....
.....
.....
.....
.....

produce _____

.....
.....
.....
.....
.....

pantry _____

.....
.....
.....
.....
.....

other _____

.....
.....
.....
.....
.....

1THRIVE

COMMAND YOUR LIFE

HABIT & REWARD

MONTHLY TRACKER

THE GOAL							
MONTH	MY WHY						
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						
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						
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						
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							

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COMMAND YOUR LIFE

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							

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