

happy body goals

♥ DATE _____

♥ GOALS FOR _____

1

.....

2

.....

3

.....

♥ LAST MONTH GOALS

weight _____

body fat _____

water _____

♥ ACTUAL

weight _____

body fat _____

water _____

♥ NEXT MONTH GOALS

weight _____

body fat _____

water _____

Left Arm _____

Right Arm _____

Chest _____

Waist _____

Hips _____

Bum _____

Left Thigh _____

Right Thigh _____

Left Calf _____

Right Calf _____

be happy today

♥ DATE

♥ MY FOCUS FOR TODAY

♥ WHAT I DID FOR MYSELF

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

♥ MENTAL HEALTH STATUS

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

♥ NOTES ABOUT TODAY

happy body, happy you

♥ DATE

♥ BREAKFAST:

♥ LUNCH:

♥ DINNER:

♥ SNACKS:

♥ WATER: ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

♥ WORKOUT:

♥ SLEEP:

January 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

February 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

March 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

April 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

May 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

June 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

July 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

August 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

September 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

October 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

November 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID

December 2019

♥ GOALS ♥



♥ MINI PLAN

♥ HOW I DID