

DAILY FITNESS PLANNER

DATE: _____

TODAY I AM: 😊 😄 😐 😞 😓

WATER INTAKE:



every
workout
counts

SLEEP (HOURS): _____

EXERCISE	TIME

BREAKFAST	LUNCH	DINNER	SNACK

NOTES:

Fitness Planner Tutorial

**Linda Brower Meeks, Philip Heit, Randy
Page**

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