

YOU CAN DO IT!

Success is steady progress toward one's personal goals.
-JIM ROHN

DATE: _____

HOW TO MEASURE

WAIST:

Place the measuring tape about a 1/2 inch above your bellybutton (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

HIPS:

Place the measuring tape across the widest part of and measure all the way around while keeping the

THIGH:

MEASUREMENTS

FIRST DAY

END OF 1st WEEK
Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

END OF 2nd WEEK

END OF 3rd WEEK
Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

AT A GLANCE
Week 1: Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
Week 2: Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
Week 3: Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
for next month:

HEALTH & FITNESS Binder

WORKOUTS

HEALTH + FITNESS BINDER

20+ printables to help with your health and fitness goals

HEALTH &
FITNESS
Binder

GOALS

MEASUREMENTS

WORKOUTS

FOOD JOURNAL

FOOD JOURNAL

MEAL PLANNING

MEAL PLANNING

RECIPES

RECIPES

GOAL TRACKER...

FOR THE MONTH OF:

ORGANIZATION	
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MEAL PLAN	
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WEEK 2	WATER  EXERCISE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 3	WATER  EXERCISE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 4	WATER  EXERCISE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STARTING:	
ENDING:	

GOAL TRACKER...

FOR THE MONTH OF:

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MEAL PLAN

WEEK 1

WATER 
EXERCISE

WEEK 2

WATER 
EXERCISE

WEEK 3

WATER 
EXERCISE

WEEK 4

WATER 
EXERCISE

STARTING:

ENDING:

HOW TO MEASURE

WAIST:

Place the measuring tape about a 1/2 inch above your bellybutton (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

HIPS:

Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

THIGH:

Measure around the largest part of each thigh.

CHEST:

Place the measuring tape just under your breasts/pecs and measure around the torso while keeping the tape parallel to the floor.

TIPS FOR MEASURING:

- Stand tall with your muscles relaxed and your feet together.
- When measuring, apply constant pressure to the tape without pinching the skin.
- Use a flexible measuring tape.
- Measure under the same conditions each time, such as wearing the same clothes (or none at all).
- Measure yourself in front of a mirror to make sure the tape is positioned correctly.
- The place to take some of these measurements will vary slightly from person to person.

MEASUREMENTS

FIRST DAY

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

END OF 1st WEEK

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

END OF 2nd WEEK

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

END OF 3rd WEEK

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

MONTH AT A GLANCE

Starting: Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____

Ending: Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____

Goals for next month:

MEASUREMENTS

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

Waist _____
Hips _____
Thigh _____
Chest _____
Weight _____

MONTH AT A GLANCE

Starting: Waist _____ Hips____Thigh____Chest____Weight_____

Ending: Waist _____ Hips____Thigh____Chest____Weight_____

Goals for next month:

YOU CAN DO IT!

Success is steady progress toward one's personal goals.

-JIM ROHN

DATE: _____

BREAKFAST _____

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

YOU CAN DO IT!

Success is steady progress toward one's personal goals.

-JIM ROHN

DATE: _____

	CALS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

YOU CAN DO IT!

Success is steady progress toward one's personal goals.

-JIM ROHN

DATE: _____

	CARBS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

YOU CAN DO IT!

Success is steady progress toward one's personal goals.

-JIM ROHN

DATE: _____

	PTS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

YOU CAN DO IT!

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-JIM ROHN

DATE: _____

BREAKFAST _____ CALS

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

YOU CAN DO IT!

Success is steady progress toward one's personal goals.

-JIM ROHN

DATE: _____

BREAKFAST _____

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

Grocery Store List

BREAKFAST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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LUNCH

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DINNER

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SNACKS

for the month of: _____

MEAL PREP PLANNER

SUN

MON

TUES

WEDS

THURS

FRI

SAT

Meals **FOR THIS MONTH**

SUN	MON	TUES	WEDS	THURS	FRI	SAT