

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Morning cup of hot water + lemon							
TIU							
BBG							
Health Boost	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Multi Vitamin[s]	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
M1							
M2							
M3							
M4							
M5							
Water Intake	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Cardio							
#getfitgivethanks WOD	PUMPKIN WOD	PUMPKIN WOD II	CALIFORNIA CORE WOD	WOD WEDNESDAY TETONS WORKOUT	MAMA WOD	POM POM WOD	SWEET SUMMER WOD
#getfitgivethanks Gratitude Challenge	Light a candle, brew a cup of tea, and journal a list of 12 things you're grateful for in your life	Write a friend some snail mail just to say you're thinking about them	Make an Instagram collage about 5 things you love about yourself	Bring something homemade to one of your neighbors or co-workers	Plan a fun girls' night out or date night for your significant other	Do something kind for a stranger; the possibilities are endless	If you go out to eat today, leave your server an extra \$5 tip
# of miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles
Daily food logged	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
Accountability Contact							

Weekly Goals:	1. _____	2. _____
	3. _____	4. _____

WEEKLY TOTALS	
# of miles	
# Cardio Sessions	
# PMWOs	
# AMWOs	
Weekly Progress Check-in	Time: _____ Reps: _____

"Fall in love with taking care of yourself. Mind. Body. Spirit."

CREATED BY SHELLEY, @SEASHELLSANDSITUPS
BLOG: SEASHELLSANDSITUPS.COM
FITNESS APPAREL: ETSY.COM/SHOP/BETTERHALFWEDDINGS

