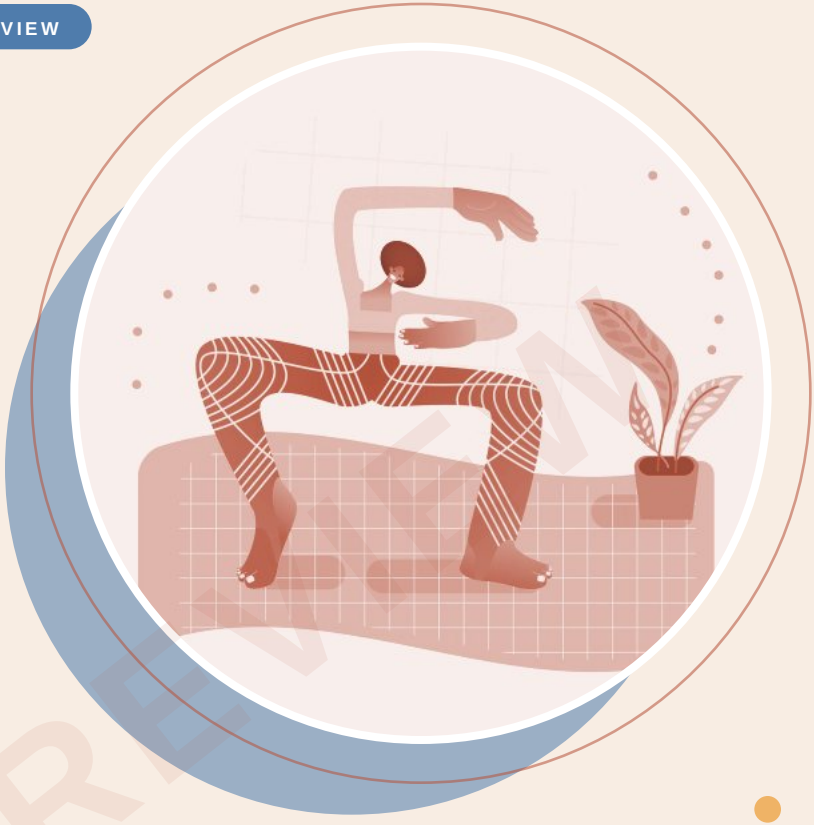
JOURNAL · UMUM

FREE PREVIEW



Fitness Tracker

PREVIEW

Fitness Tracker

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Fitness Tracker

1. Fill in one page a day. Use the ratings and notes to track your progress.

2. Fill one page per session; a date and a few quick notes are enough.

3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.

4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE .....
- DAY NO. .....
- FOCUS TODAY .....

SELF RATING

- FOCUS ☆ ☆ ☆ ☆ ☆
- PROGRESS ☆ ☆ ☆ ☆ ☆
- IDEAS ☆ ☆ ☆ ☆ ☆
- NOTES ☆ ☆ ☆ ☆ ☆
- NEXT STEP ☆ ☆ ☆ ☆ ☆

FOCUS

PROGRESS

REFLECTION

PREVIEW

- DATE .....
- DAY NO. .....
- FOCUS TODAY .....

SELF RATING

- FOCUS ☆ ☆ ☆ ☆ ☆
- PROGRESS ☆ ☆ ☆ ☆ ☆
- IDEAS ☆ ☆ ☆ ☆ ☆
- NOTES ☆ ☆ ☆ ☆ ☆
- NEXT STEP ☆ ☆ ☆ ☆ ☆

FOCUS

PROGRESS

REFLECTION

PREVIEW

Like the design?

Get the full version: every interior page, no watermark, print-ready at 6 x 9 in.

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PREVIEW

Remaining pages are locked in the preview