

24 HOUR PLAN

What one thing can I do today to pivot toward my goal?

My goals today are:

How will I accomplish this?

1



2



3



Planned Food/ Workout

B

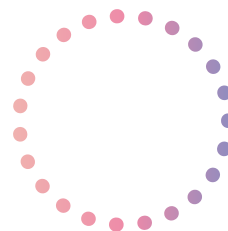
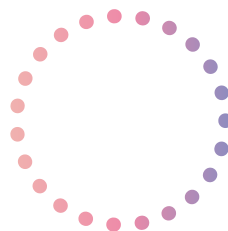
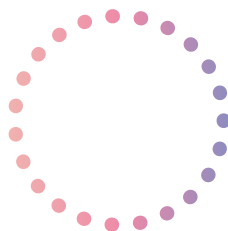
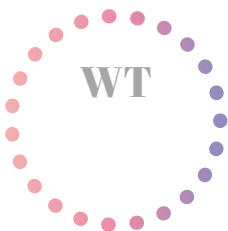
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D

S

W

Measurements



24 HOUR PLAN ASSESSMENT

Did I accomplish my goals today? Why/why not?

Did I follow my 24 hour plan? Why/why not?

One thing that went RIGHT today was:

Actual Food/ Workout

B

L

D

S

W

I AM ENDING MY DAY FEELING:

Proud In Control Like a Boss Motivated

Like I Never Gave Up _____