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Each Journal Include: Monthly Focus Sheet. Monthly Calendar. Today's Schedule: 3am - 11pm. Record your daily nutrition. Record your daily fitness activity. Track your 5 most important task to complete today. Track the 4 people you need to follow up with and why. 31 Days for each month (Today's Wins Sheet) 31 Days for each month (Today's ...

As you know, I've been using my fit journal EVERY SINGLE DAY on my 90 day journey and it for sure has kept me accountable, and without a doubt, it is one of the reasons why I crushed my goals. I thoroughly enjoyed writing in

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90 Day Fitness Journal ++DESCRIPTION++ Your daily fitness journal designed to help you make real progress towards your health and fitness goals over a 90 day period. Each 90 day spread is

split into 2 parts. The left hand side has room to track your feelings, habits, focus, goals and to do list for the day. While the r

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In continuing to help people Live Healthy & Active, this 90 day Undated Journal was created. Set targets, track your progress and celebrate results with this new companion journal to Diets Are Dead Win Small With M.E.D.S.! You haven't read the book just yet? Don't worry, this journal can be used by anyone that has fitness and nutrition goals.

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Another way to setup your 90 Day Goals in your Bullet Journal is using a mindmap like the photo below. Step Three - Brainstorm Tasks for Each Project. This process will be ongoing throughout the 90 days, but it's good to have a brainstorming session to get as many ideas down as possible.

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Fitter. I gave myself 90 days to get in the best shape of my life - mentally and physically. I came up with a meal plan, wrote down everything I ate, planned out all of my workouts, prioritized my sleep, and journaled every single day.

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The journal shows you a faster, easier, smarter

way to lose weight, and take control of your life and food planning again. Build skills, gain confidence, and achieve your fitness and wellness goals with the strategies you learn in the 90 Day Fitness Journal.

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Fitness journals are used for isolated periods of time, ranging from a month to a year. There are also some 90- and 180-day journals, too. These don't usually follow a calendar; rather, you can fill in the dates with each entry. Effectively, that means a 90-day journal can last much longer than a few months.

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