

28 DAY FITNESS CHALLENGE



NUTRITION & LIFESTYLE JOURNAL

DAN REMON B. HMSC

Introduction

You are holding the “28 day Training & Nutrition Journal” in your hands. It will be your best friend for the coming 28 Days to help you keep track of your nutrition, energy, fitness, and chart your overall happiness as all of these improve. Tracking will also help you become more aware of your well-being to make positive changes in your overall lifestyle and health.

Record the foods and drinks you ingest (not necessarily amounts) daily as well as your satiety index and any additional notes that are relevant.

Take note of the physical activities you engage in and review your happiness, energy levels, and hours of sleep.

It takes about 3 weeks to create a habit. There is no better time than today - do it now and MAKE A CHANGE!

To Your Success.

DANIEL

Welcome to
YOUR
28
DAY

Nutrition & Lifestyle
Journal



DANIEL

WEEK 1 - Nutrition & Lifestyle Journal

Day I _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG

Resistance	Time:	Type:
Active Recovery	Time:	Type:
Cardio	Time:	Type:

ENERGY

1 2 3 4 5

HAPPINESS

1 2 3 4 5

SLEEP

1 2 3 4 5

Rules & Reminders

1. Drink plenty of water
2. Record everything you eat/drink as well as rate satiety level (aim for a 7 after a meal) and make any additional related notes.
3. Record daily activities with an "X" and note type and time.
4. Make a daily note of your happiness/energy and sleep index.

WEEK 1 - Nutrition & Lifestyle Journal

Day 2 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Day 3 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Day 4 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Day 5 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Day 6 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Day 7 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 1 - Nutrition & Lifestyle Journal

Compliance Grid. Make sure you complete the compliance grid at the end of every week.

Your Compliance Grid is your Instant feedback system where you can gain instant insight into your progress, your accountability, and your current rate of success. It is very simple how this works, yet also incredible powerful. Print it out and post on your fridge, in your bathroom, or next to your bed, so you can see it every day, visualise your goals, repeat your affirmations, and go to bed knowing you have accomplished your daily tasks AND moving you towards your goals every single day.

Exercise & Affirmation Compliance Grid

F = Fitness, **A** = Affirmations, **N** = Nutrition

	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N
Week 1																					
Affirmations																					
Week 2																					
Affirmations																					
Week 3																					
Affirmations																					
Week 4																					
Affirmations																					

Completed

Missed

Affirmations: I MUST AND I AM SUCCESSFUL BECAUSE I AM STRONG, FIT & DETERMINED TO DO WHATEVER IT TAKES TO ACHIEVE MY GOALS.

WEEK 1 - Nutrition & Lifestyle Journal

Day 8 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 2 - Nutrition & Lifestyle Journal

Day 9 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 2 - Nutrition & Lifestyle Journal

Day 10 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 2 - Nutrition & Lifestyle Journal

Day 11 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 2 - Nutrition & Lifestyle Journal

Day 12 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 2 - Nutrition & Lifestyle Journal

Day 13 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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4. Make a daily note of your happiness/energy and sleep index.

WEEK 2 - Nutrition & Lifestyle Journal

Day 14 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 2 - Nutrition & Lifestyle Journal

Your Compliance Grid is your Instant feedback system where you can gain instant insight into your progress, your accountability, and your current rate of success. It is very simple how this works, yet also incredible powerful. Print it out and post on your fridge, in your bathroom, or next to your bed, so you can see it every day, visualise your goals, repeat your affirmations, and go to bed knowing you have accomplished your daily tasks AND moving you towards your goals every single day.

Exercise & Affirmation Compliance Grid

F = Fitness, **A** = Affirmations, **N** = Nutrition

	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N
Week 1																					
Affirmations																					
Week 2																					
Affirmations																					
Week 3																					
Affirmations																					
Week 4																					
Affirmations																					

Completed

Missed

Affirmations: I MUST AND I AM SUCCESSFUL BECAUSE I AM STRONG, FIT & DETERMINED TO DO WHATEVER IT TAKES TO ACHIEVE MY GOALS.

WEEK 2 - Nutrition & Lifestyle Journal

Day 15 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 3 - Nutrition & Lifestyle Journal

Day 15 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 16 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 17 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 18 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 19 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 20 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 3 - Nutrition & Lifestyle Journal

Day 21 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Rules & Reminders

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WEEK 3 - Nutrition & Lifestyle Journal

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	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N
Week 1																					
Affirmations																					
Week 2																					
Affirmations																					
Week 3																					
Affirmations																					
Week 4																					
Affirmations																					

Completed

Missed

Affirmations: I MUST AND I AM SUCCESSFUL BECAUSE I AM STRONG, FIT & DETERMINED TO DO WHATEVER IT TAKES TO ACHIEVE MY GOALS.

WEEK 4 - Nutrition & Lifestyle Journal

Day 22 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 23 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 24 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 25 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 26 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 27 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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WEEK 4 - Nutrition & Lifestyle Journal

Day 28 _____ date

Time	Food	Drink	Satiety (1-10)/Notes

DAILY ACTIVITY LOG			
Resistance	Time:	Type:	
Active Recovery	Time:	Type:	
Cardio	Time:	Type:	

ENERGY	HAPPINESS	SLEEP
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N	F	A	N
Week 1																					
Affirmations																					
Week 2																					
Affirmations																					
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Affirmations																					
Week 4																					
Affirmations																					

Completed

Missed

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