



# *I am STRONG*

A JOURNAL TO HOLD YOU ACCOUNTABLE

[www.ladieslattesandlifting.com](http://www.ladieslattesandlifting.com)

@ladieslattesandlifitng

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# ABOUT THIS JOURNAL

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And a bit about me too..

Hey Guys!

This journal was created to help you hold yourself accountable, log your journey, and see how you progress. This is designed as a safe space for you and I am just tagging along in spirit, rooting for you over here!

A bit about me:

I am here for you and my goal is to help set you up for success. I do this because I believe in you and I'm not so sure you always realize how amazing you are! I am a wife, a trainer, a student, and a coach. I strive for turning the 'impossible' into 'I'm Possible'.

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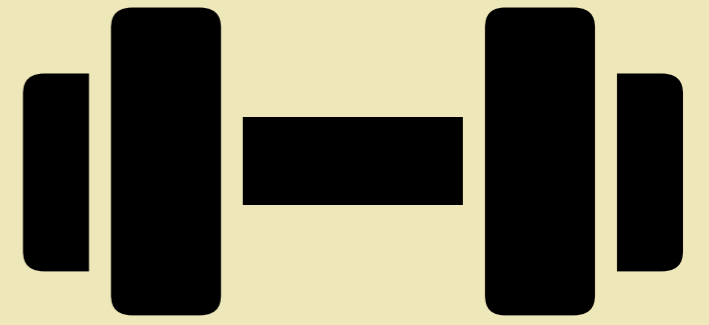
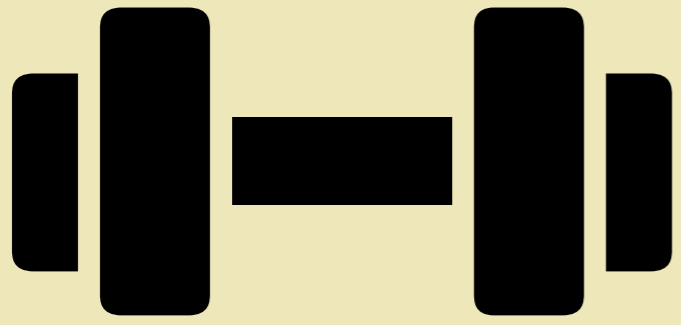
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# THE NEW YOU

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Starts NOW:



Before we begin, let me explain the purpose and how to use this journal. You have a space to log how you feel that day, you have a space to log your food intake, as well as your workout.

You will also see sporadic sections asking you to enter some measurements, post a photo, or offer a bit of inspiration. Remember, this is between you and my spirit, no one else has to know. Be honest, open, and positive. Let's get started!

# MY WORKOUT PLAN

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**MONDAY:**

**Date:**

**TUESDAY:**

**WEDNESDAY:**

**THURSDAY:**

**Notes:**

**FRIDAY:**

**SATURDAY:**

**SUNDAY:**

# Hey Gorgeous!

DATE: / /

## Lets Start with You:

Write down your Goals:

1.)

2.)

3.)

4.)

5.)

### Statistics:

Weight:

Waist:

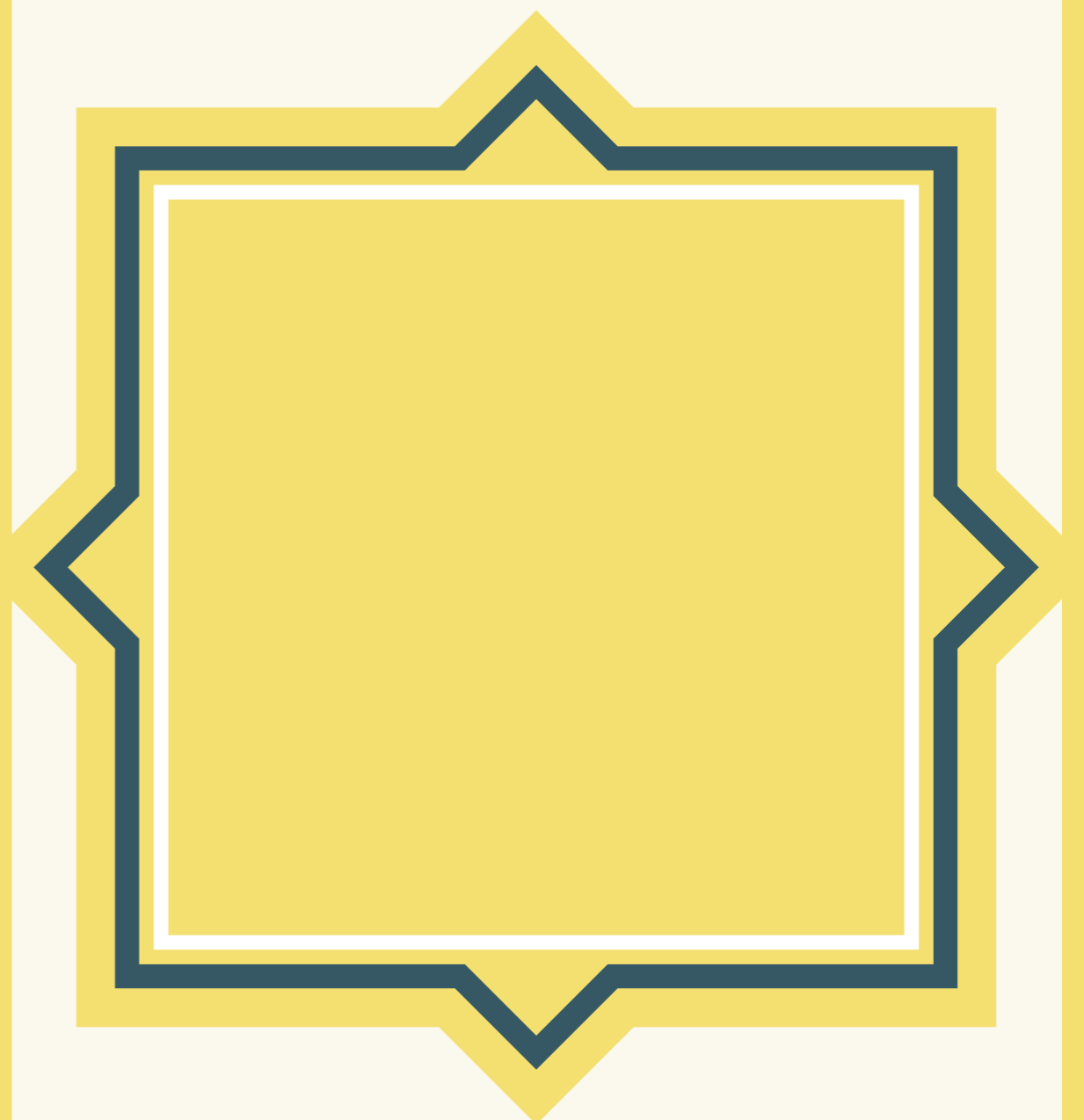
Hips:

Right Thigh:

Left Thigh:

Belly Button:

### Current Photo of Me:



**Hey Gorgeous!**

**DATE:** / /

## Daily Journal

What Happened Today?

How Are You Feeling?

Did You Workout?

Did You Eat Right?

What Made You Happy?

Why Are You Proud of  
Yourself Today?

You

Are

**STRONG!**

CONTINUE

Hey Gorgeous!

DATE: / /

# Today's Food Log

Time:

Log:

Breakfast:

AM Snack:

Lunch:

Snack:

Dinner:

PM Snack

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**TUESDAY:**

**WEDNESDAY:**

**THURSDAY:**

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## Where are you now?

Write down your Goals:

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### Measurements:

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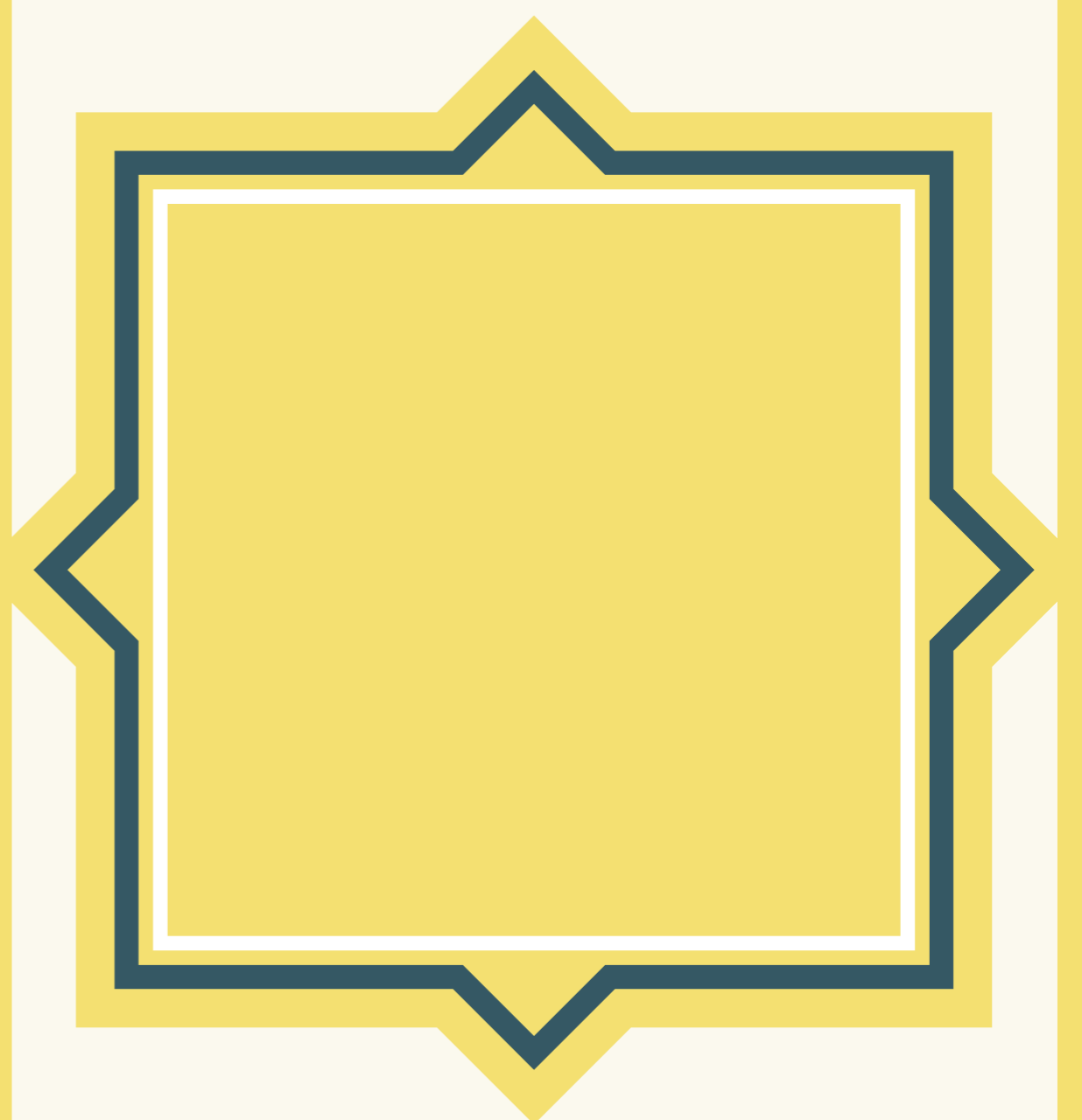
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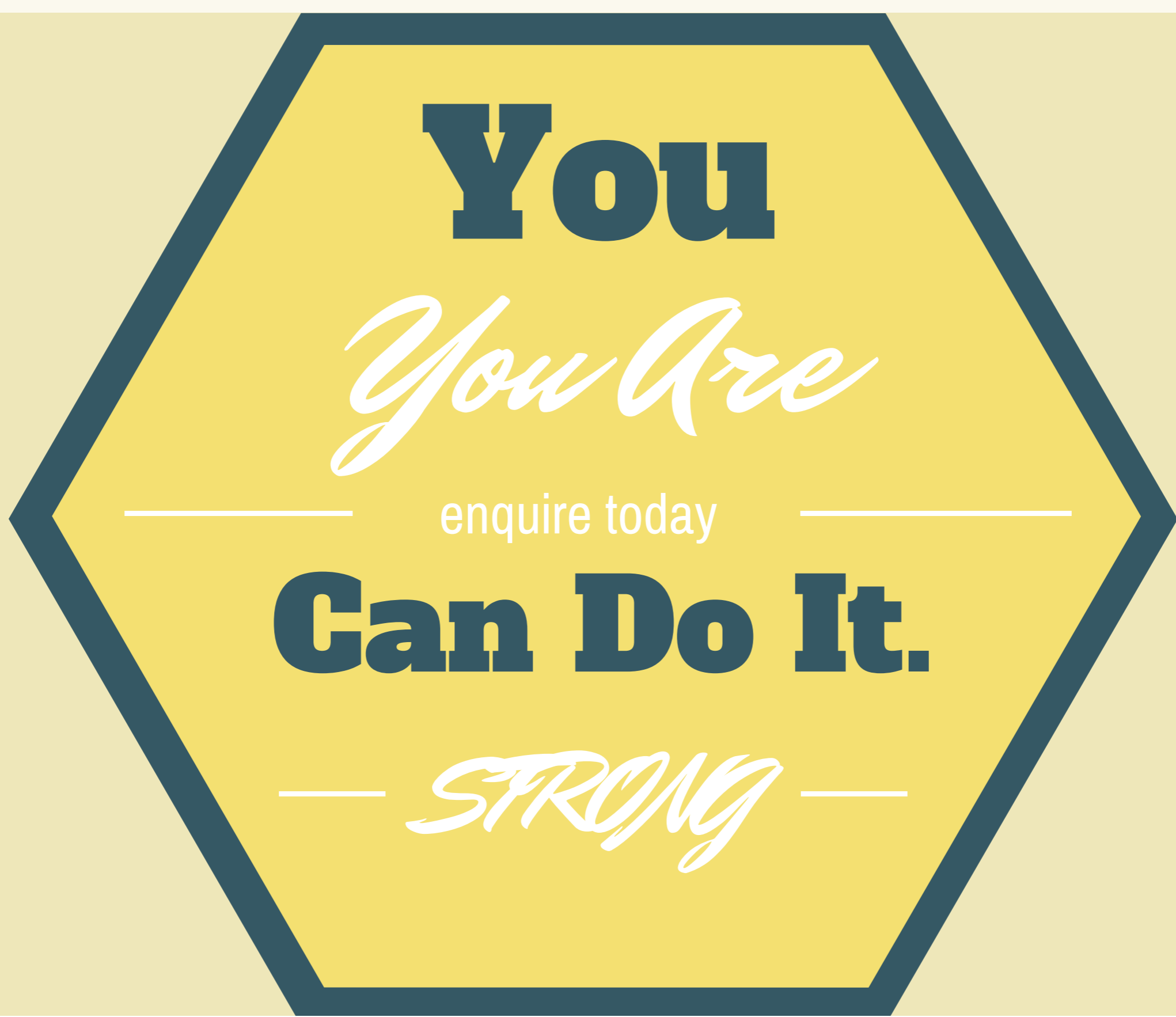
# Let's Take a Moment to Catch Up

What have been your biggest obstacles so far?

What can you do to overcome these?

What keeps you motivated?

What is your biggest hurdle when it comes to making healthy food choices?



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# YOU DID IT!

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I have given you a starting point, now take it from here and keep up the good work. Follow my Instagram page @ladieslattesandlifting to keep updated on workout videos, tips and inspiration. Remember, I'm here for you, if you need me, please reach out. My goals are to keep you motivated and stick to this new, healthier lifestyle.

Good Luck!

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