

MAY

WEEKLY EXERCISE & GRATITUDE WORKSHEET

DATES:

AFFIRMATION:

I AM SEEING IMPROVEMENTS EVERY DAY!

MY ONE FITNESS HABIT THIS MONTH:

MY ONE NUTRITION HABIT THIS MONTH:

MONDAY

Today I am grateful for:

My workout:

I am proud of this today:

TUESDAY

Today I am grateful for:

My workout:

I am proud of this today:

WEDNESDAY

Today I am grateful for:

My workout:

I am proud of this today:

THURSDAY

Today I am grateful for:

My workout:

I am proud of this today:

FRIDAY

Today I am grateful for:

My workout:

I am proud of this today:

SATURDAY

Today I am grateful for:

My workout:

I am proud of this today:

SUNDAY

Today I am grateful for:

REST DAY

I am proud of this today:

NOTES: