



xx STACEY LOUISE xx

SOLDIER DIET

MY BOOTCAMP BABE JOURNAL

Week No: Date: / / Name:

My goal for this week is:

My reward for achieving my goal this week will be:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SELFIE SUNDAY 	TOTAL
WEIGHT	Waking weight kgs	Waking weight kgs	Waking weight kgs	Waking weight kgs	Waking weight kgs	Waking weight kgs	Waking weight kgs	Total weight loss/gain kgs
SLEEP	Sleep last night hours	Sleep last night hours	Sleep last night hours	Sleep last night hours	Sleep last night hours	Sleep last night hours	Sleep last night hours	Average sleep per night hours
WHAT'S GOING ON	How I feel today	How I feel today	How I feel today	How I feel today	How I feel today	How I feel today	How I feel today	How I feel about my progress
WATER	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water intake  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Average daily water intake litres
ORGANISE	Prep for Tuesday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Wednesday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Thursday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Friday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Saturday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Sunday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for Monday <input type="checkbox"/> training clothes <input type="checkbox"/> food cooked <input type="checkbox"/> affirmation	Prep for next week <input type="checkbox"/> shopping <input type="checkbox"/> cooking <input type="checkbox"/> goals