

FITNESS TRACKER

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A JOURNAL TO HELP YOU MAP OUT AND IMPROVE YOUR HEALTH AND WELL-BEING

ANNA BARNES

MY FITNESS TRACKER

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Disclaimer

This book is not intended as a substitute for the medical advice of a doctor or physician. If you are experiencing problems with your health, it is always best to follow the advice of a medical professional.

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Introduction

Do you want to kick your health and well-being into gear but can't decide where to start? What should you focus on? Where will the time come from? The last thing you want is to feel stressed about improving your health. Don't worry, you've come to the right place.

When we keep our bodies fit and healthy, we give ourselves the best possible chance at getting the most from life and facing any challenges that come our way. While it's easy to view parts of the body in isolation, there's no doubt that everything within us is connected.

For instance, eating healthily fuels our muscles and brains, allowing us to move smoothly and think clearly, and being active sends oxygen more efficiently through our bodies, making exercise easier and improving our overall health. The food we consume affects our hormones and our energy levels – when we fill our plates with colourful vegetables, healthy fats and fibre-filled wholegrain, we're giving our bodies exactly what they need to thrive.

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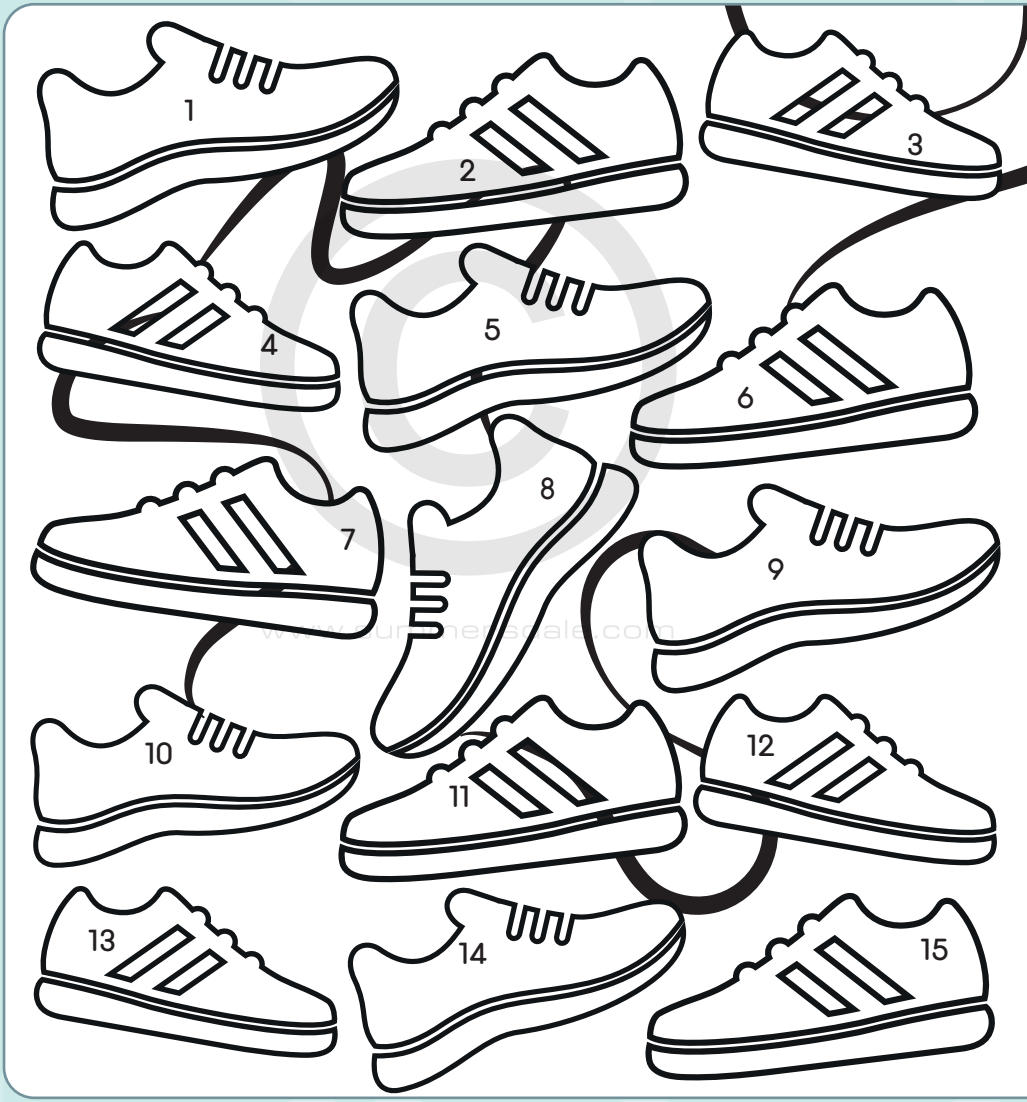
And what of the mind? Staying fit and eating well aids our sleep, which gives us an ideal base from which to start our day. Challenging ourselves with fitness pursuits also builds confidence and self-esteem.

Our minds and bodies are complex and ever-changing, as are our priorities. When you track your health and fitness, you can see patterns, set yourself new goals and reflect on your progress. This journal is here to support your physical and mental health, allowing you to track your exercise, weight, intake of fruit and vegetables, water and alcohol, and general wellness. Each month, you can set goals and map out your progress, flick through the tips whenever you need a bit of inspiration and try out the affirmations when you need some motivation.

Turn the page to begin your journey…

Exercise Tracker

Using the key, colour in and add patterns to the trainers in the space below to help you gauge how much exercise you're doing. If you feel like you're smashing it, then keep up the good work. But if you think you could do better, there's always next month!



KEY


Less than 30 mins

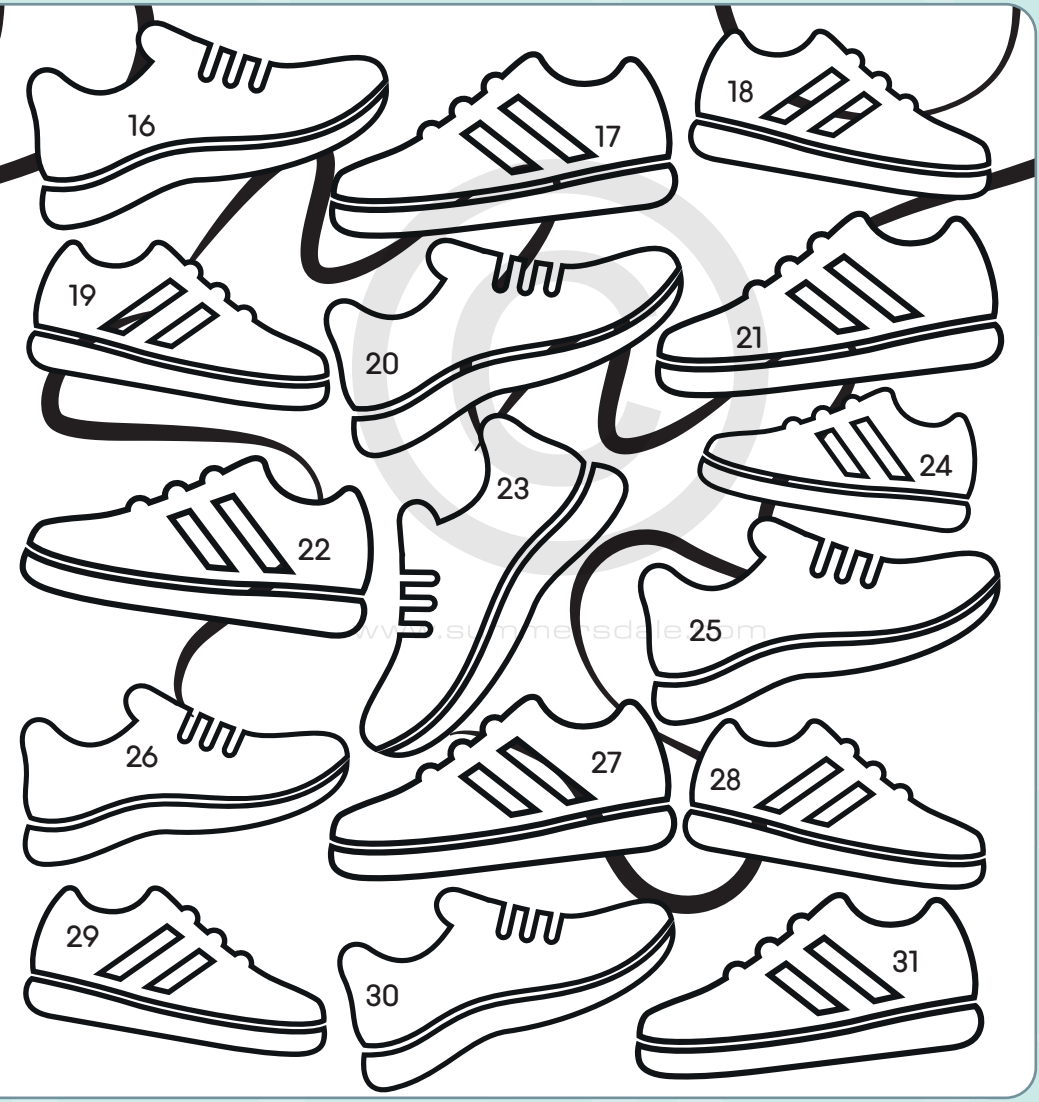

30–60 mins


60+ mins


cardio


stretching


strengthening/ toning



I AM WHAT
I CHOOSE
TO BE

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TOP TIPS

FIND A FRIEND

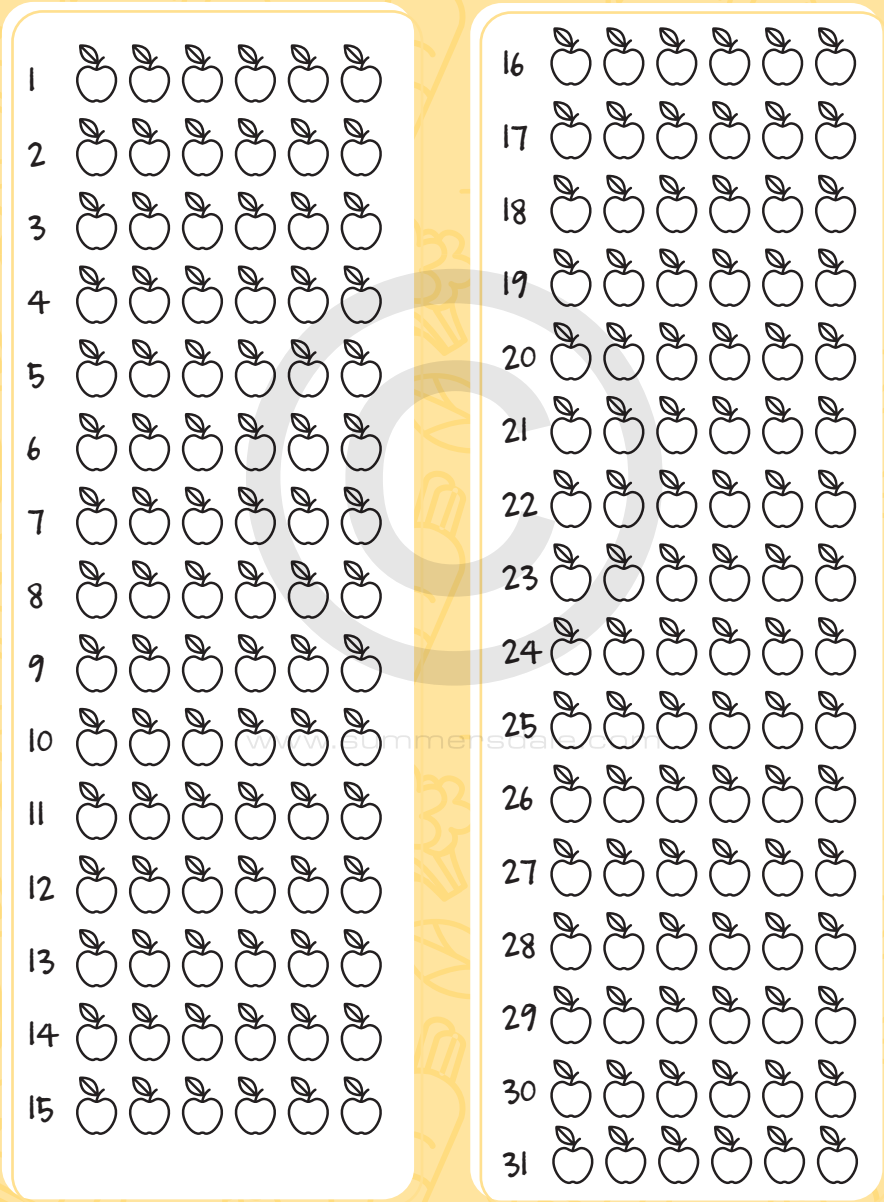
It's easy to talk ourselves out of getting some exercise, but letting a friend down? That's much harder. Whether you're building your fitness in a particular sport or you want to try new exercise classes or activities, a great way to stay motivated is to get a friend on board to keep you on track.

The two (or more) of you can make plans to meet every week for classes, runs, bike rides or gym sessions – whatever you fancy. If you don't live near each other, no sweat. You can still set fitness goals together and send each other motivating messages. And, of course, a sweaty selfie (no filter required) is fun proof that you are achieving your goals.

Sharing your fitness journey with a friend guarantees laughs and builds your friendship – and, as well as reaching your own fitness goals, you get the extra bonus of knowing you're helping someone you love reach their goals too.

Five-a-Day Tracker

Each apple = one of your five fruits or vegetables a day



My Goals and Achievements

Don't worry if you don't manage to achieve your goals – any progress is great and there's always next month!

My goal(s) for this month

Example goal: Do a yoga class twice a week



- .....
- .....
- .....

Steps to make the goal(s) achievable

Example steps: Pick a studio and/or online class that suits my fitness level and schedule; set a reminder in phone/diary; have my yoga gear ready the evening before

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Healthy Weight Tracker

Keeping track of your weight doesn't need to fill you with dread as long as you remind yourself that the figures that appear on the scales are just one part of your healthy body maintenance. Weight fluctuations occur throughout the day and can be caused by many factors including hormone levels, so don't worry about small increases or decreases. The most important information you want to keep track of is your BMI, as this shows you whether you are a healthy weight for your height.

Try to weigh yourself on the same day at the same time each week.

Don't scrutinize the small numbers; maintaining a healthy lifestyle is what's most important.

	Week One	Week Two	Week Three	Week Four
Weight				
BMI				
Chest				
Waist				
Hips				

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To work out your BMI, calculate your weight divided by your height squared (in metric). Find the BMI chart on page 152 to see the results of your BMI.