



# My fitfocus Journal

How to Stay Committed  
to your workouts

*The Ultimate Guide*

**by**

*Hooked In Loops*



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

# Procrastination is Sabotaging your Goals—Don't Let It!

Procrastination truly is the thief of time. One day you wake up, wondering where all the time went, asking yourself why you didn't take the steps to achieve the things you've always wanted to. Instead of pursuing your goals, you spent hours on distractions that offered fleeting pleasure but took you further from what truly matters.

When we procrastinate, our minds trick us into doing things that feel good in the moment—scrolling through social media, watching TV, or avoiding the hard work. But the longer you delay, the further you drift from the results you desire.



To help you break this cycle, I'm sharing **THE JOURNALING FORMULA TO BEAT PROCRASTINATION**. Use this simple method to take control of your time, your fitness goals, and your life.



# Promise to yourself

Today, I make a promise to myself. I commit to taking charge of my time, my health, and my goals. No more delays, no more excuses.

I promise to:

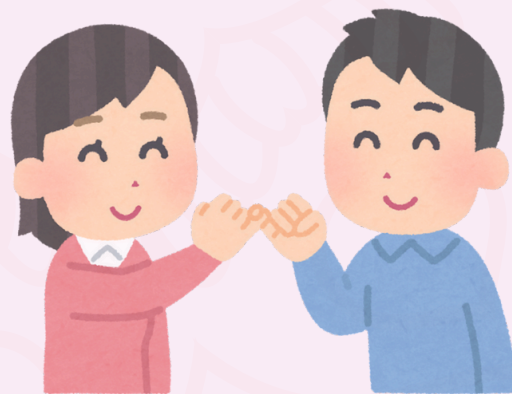
- Prioritize my fitness and well-being every day, no matter how small the steps.
- Take action, even when it's uncomfortable or difficult.
- Embrace discipline over instant gratification, knowing that progress is built one day at a time.
- Forgive myself for past procrastination, but refuse to let it steal any more time from my future.
- Stay consistent and accountable, knowing that every effort brings me closer to my goals.
- Celebrate the small victories, and stay committed during the setbacks.

Signed:

\_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_



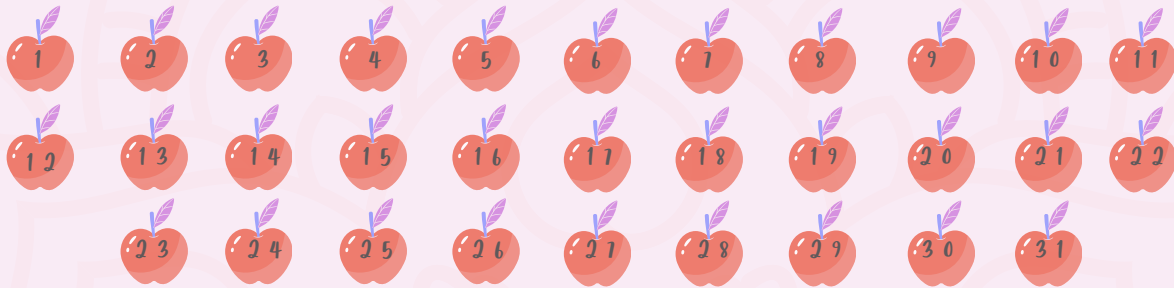
# Monthly Water Tracker

DAY 1									DAY 17								
DAY 2									DAY 18								
DAY 3									DAY 19								
DAY 4									DAY 20								
DAY 5									DAY 21								
DAY 6									DAY 22								
DAY 7									DAY 23								
DAY 8									DAY 24								
DAY 9									DAY 25								
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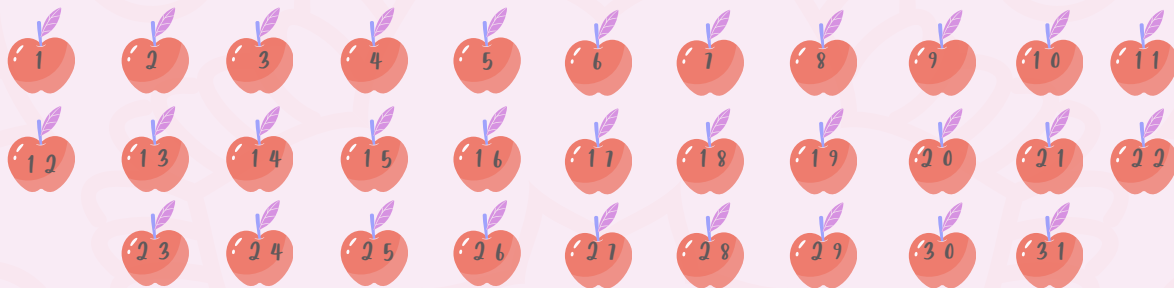


# Habit Trackers

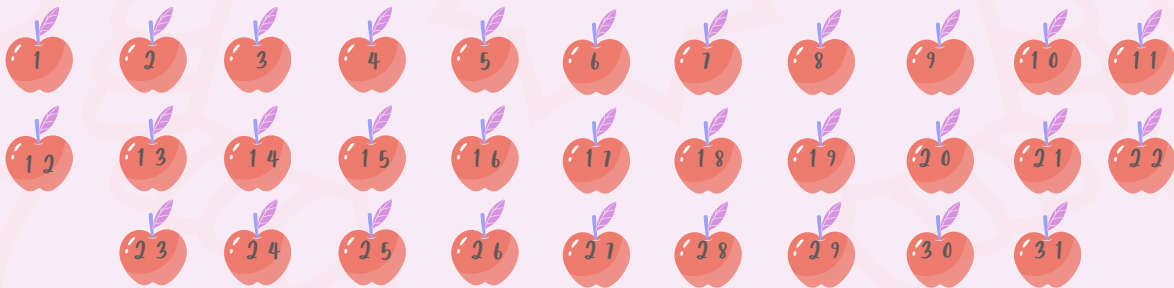
HABIT:



HABIT:



HABIT:



HABIT:



# 21-Day Workout Tracker

## Goal:

Complete 21 days of consistent workouts to build the habit of staying active and healthy.

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	Day 8	Day 9
Day 10	Day 11	Day 12
Day 13	Day 14	Day 15
Day 16	Day 17	Day 18
Day 19	Day 20	Day 21

## Reflection after 21 Days:

- How do you feel after completing 21 days of workouts?

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- What was your biggest challenge and how did you overcome it?

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- What will you do to maintain this habit moving forward?






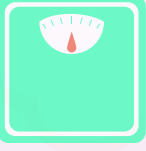
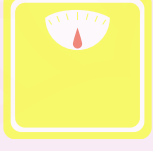

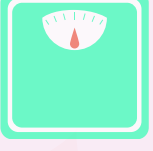


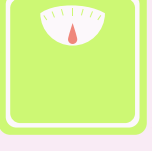



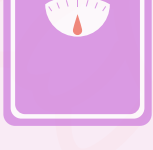


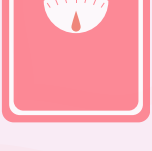



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# 52-Week Weight Loss Tracker

**START HERE**





# Weekly Fitness Calendar

Set a weekly workout goal and create a fitness calendar. Keep it engaging by including your favorite activities.

WEEKLY GOAL		
MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY

## Reflection at the end of the week:

- Did you accomplish your fitness goals for the week, and what factors contributed to your success or challenges?

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- How did incorporating your favorite activities impact your motivation and overall enjoyment of the workouts?

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# Workout Plan

## Building muscle strength

Routine: ..... Focus Area: .....

EXERCISE	REPS	SETS	WEIGHT	TIME

Routine: ..... Focus Area: .....

EXERCISE	REPS	SETS	WEIGHT	TIME





# Workout Plan

Cardio

EXERCISE	MINUTES	CALORIES BURNED



# Meal Plan



BREAKFAST	LUNCH	DINNER	SNACKS



Don't forget to keep your  
tracker up to date!

*Stay consistent,  
because in the end,  
these moves only pay  
off when you stick to  
the routine and make  
it happen. ✨*





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