

FITNESS
JOURNAL



USE THIS JOURNAL WITH YOUR LIMU LEAN SYSTEM

Do you want to **BE LEAN**? ... Of course you do.

Don't eat this, don't eat that — diets always seem to focus on what **not** to eat. Fortunately, healthy doesn't have to mean boring! Get creative, research your options and mix it up to keep your taste buds guessing. Ultimately, the fewer calories you consume and the more calories you burn through exercise, the closer you'll be to reaching your goal.

Eating small, healthy meals throughout the day ensures consistent energy levels and actually burns more calories by keeping your metabolism working around the clock. This fitness journal will serve as a roadmap to your success. You can record your goals, get useful tips and accurately measure your progress as you strive to **Be LEAN, Be Strong and Be More.**

You're working so hard ... **BE SMART!**



SPECIFIC

Ditch vague hopes: be specific! Not just in setting your goals, but also in writing down what you've eaten and maintaining an accurate workout log.

MEASURABLE

Track your progress as you go along. Regularly recording your weight, body fat percentage, and chest, waist and hip measurements give you an accurate picture of your progress.

ACCOUNTABLE

Join forces to add accountability and positive peer pressure. Join a gym or a sports team, or get a few friends to build a solid support system. Ultimately, you are accountable to yourself ... but we are here to help, too!

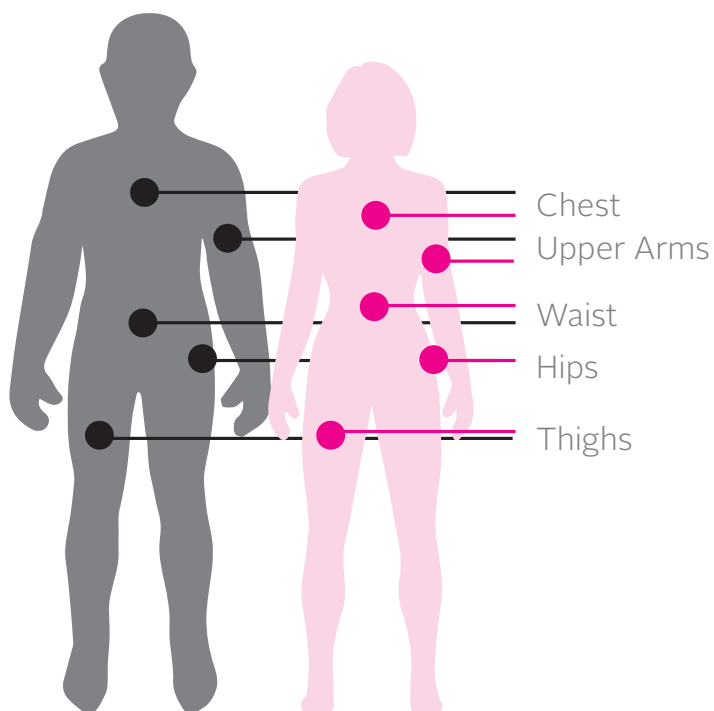
REALISTIC

Be realistic! Don't expect to go out on day one and run a 5K race or deadlift 150lbs. Give yourself space to drop weight and build muscle in a healthy timeframe. This is a lifestyle change — be patient and realistic.

TIMELY

Most importantly, set timely goals. Don't start day one by saying that you want to lose 100lbs. Though that might be your ultimate goal, set easily obtainable goals that can be achieved in shorter, more realistic time frames to keep you motivated throughout your journey.

MEASUREMENTS



TRACKING YOUR NUMBERS

Maintaining a log of your measurements is a better way to track your fitness because muscle weighs more than fat and, as you start to exercise more, the scale may not always accurately reflect the hard work you've done.

Use a tape measure to find the circumference at the widest point of each area to find your measurements.

The best time to measure is in the morning, after 7-8 hours of sleep.

Always make sure to measure around the same time, as your body changes in small ways throughout the day.

Don't have the tools or the time to figure this out on your own? Head to your local gym, they can give you all the measurements you need!

STARTING MEASUREMENTS

Chest

Right Arm

Left Arm

Waist

Hips

Left Thigh

Right Thigh

ENDING MEASUREMENTS

Chest

Right Arm

Left Arm

Waist

Hips

Left Thigh

Right Thigh

WEEK 1

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 2

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 3

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 4

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 5

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 6

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 7

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 8

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 9

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 10

Chest: _____
 Right Arm: _____
 Left Arm: _____
 Waist: _____
 Hips: _____
 Left Thigh: _____
 Right Thigh: _____

WEEK 11

Chest: _____
 Upper Arm: _____
 Waist: _____
 Hips: _____
 Right Thigh: _____
 Weight: _____
 Body Fat: _____



















WEEK 12


















Chest: _____
 Upper Arm: _____
 Waist: _____
 Hips: _____
 Right Thigh: _____
 Weight: _____
 Body Fat: _____



















PLANNING MY MONTH



















Use this area to plan your workouts for the entire month. Mark down what days you plan on strength training, doing cardio, or taking a break.



















MONTH / YEAR

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WEEKLY TRACKER

Weekly tracker tips and tricks:

-  Input everything you ate for breakfast
-  Input everything you ate for lunch
-  Input everything you ate for dinner
-  Input all the snacks you ate
-  Mark off each glass of water you drink

QUICK REMINDERS

TO LOSE WEIGHT

- **Cardio is essential.** Do cardio at least 30 minutes a day, 5-6 days a week, and lift weights 3-4 days a week.
- Say goodbye to munching: **Use LIMU LEAN BURN to curb cravings.**
- **Eat simple, clean, lean and whole foods.**
- **Drink at least 8 glasses of water a day.** Mark your water bottle with time stamps to remind you that by each of those times, you should have consumed a certain amount of water.

TO MAINTAIN YOUR WEIGHT


- **Less weight/more reps:** Do at least 30 minutes of cardio 5 days a week, and lift 3-4 days a week with a focus on low weights/high reps.
- **Size matters:** Focus on portion control, moderation and balance.
- **Drink at least 8 glasses of water a day.**
- **Mix it up and make workouts fun to keep fitness sustainable.**

TO GAIN MUSCLE

- **H.I.I.T:** When it comes to cardio, focus on H.I.I.T. (High Intensity Interval Training) to cut fat and strengthen muscle. Listen to your body to avoid injury, but try for 2-4 days a week with 2- 3 additional slow, easy warm up/cool down sessions.
- **Lifting:** Lift 4-5 days a week and focus on heavy weights, low reps. Incorporate elements of H.I.I.T. into your weight bearing exercises with body weight and free weight exercises to challenge your support muscles.
- **Rest and replenish:** Sleep and stay hydrated. Both are vital to building muscle and recovering from muscle breakdown and pain.
- **Focus on lean protein and drink LEAN Shakes to accelerate your progress.**

FRIDAY 8th


Here is an example



cup of green tea
banana
cup of oatmeal




6 celery stalks
apple w/peanut butter



glass of water
thai chicken salad
cup of grapes



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glass of water
butter/herb salmon
asparagus


ESTIMATED CALORIE INTAKE 1257

ESTIMATED CALORIE BURN 880

NOTES


didn't drink enough water today!

great job on cardio!







IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT


EXERCISE/MACHINE	SET 1	SET 2	SET 3
dumbbell curls	12/20	12/30	12/40
leg lifts	25/45	25/50	25/45
crunches	25	25	25
dumbbell flies	12/20	12/40	12/20

ACTIVITY	TIME
 ran outside	1:23
jumping jacks	:30
CARDIO	:


MONDAY _____

	
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	ESTIMATED CALORIE INTAKE
	ESTIMATED CALORIE BURN



NOTES



 IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT


EXERCISE/MACHINE	SET 1	SET 2	SET 3

ACTIVITY	TIME
 CARDIO	: : :


TUESDAY _____

	
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	ESTIMATED CALORIE INTAKE
	ESTIMATED CALORIE BURN

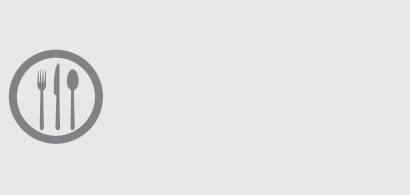
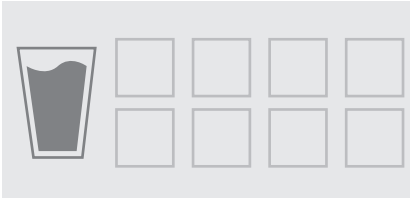
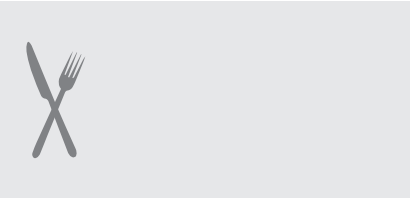
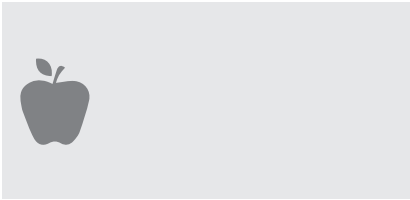
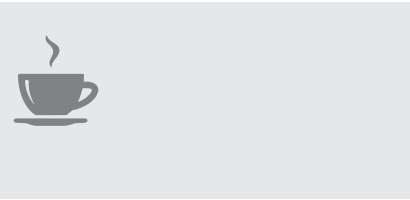
NOTES

 IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT

EXERCISE/MACHINE	SET 1	SET 2	SET 3

ACTIVITY	TIME
 CARDIO	: : :


WEDNESDAY _____



ESTIMATED CALORIE INTAKE

ESTIMATED CALORIE BURN

NOTES



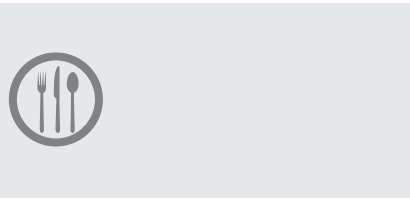
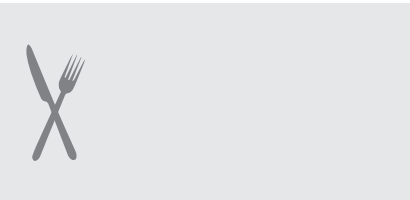
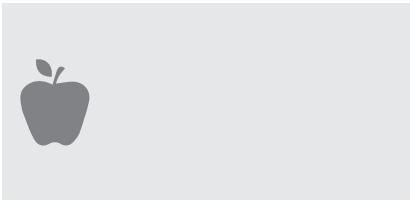
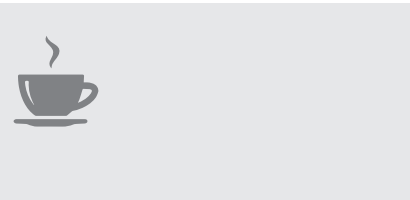
IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT

EXERCISE/MACHINE	SET 1	SET 2	SET 3

EXERCISE/MACHINE	SET 1	SET 2	SET 3

ACTIVITY	TIME
 CARDIO	:
	:
	:


THURSDAY _____



ESTIMATED CALORIE INTAKE

ESTIMATED CALORIE BURN

NOTES





IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT

EXERCISE/MACHINE	SET 1	SET 2	SET 3


EXERCISE/MACHINE	SET 1	SET 2	SET 3

ACTIVITY	TIME
 CARDIO	:
	:
	:


FRIDAY _____

	
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	ESTIMATED CALORIE INTAKE
	ESTIMATED CALORIE BURN



NOTES



 IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT


EXERCISE/MACHINE	SET 1	SET 2	SET 3

ACTIVITY	TIME
 CARDIO	: : :


SATURDAY _____

	
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	ESTIMATED CALORIE INTAKE
	ESTIMATED CALORIE BURN

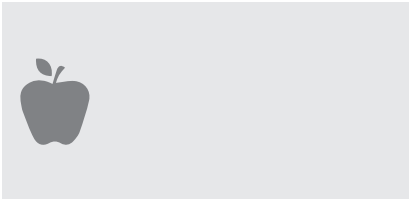
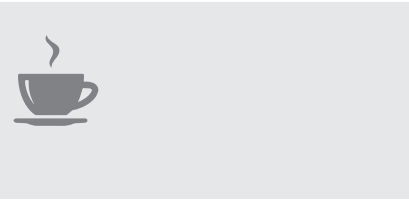
NOTES


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EXERCISE/MACHINE	SET 1	SET 2	SET 3

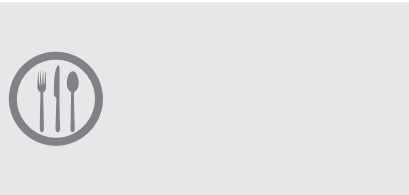
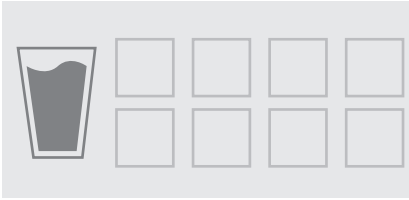
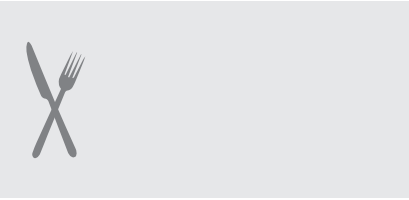
ACTIVITY	TIME
 CARDIO	: : :

SUNDAY _____



 IN THE 'SET' AREA WRITE DOWN THE NUMBER OF REPS AND THEN THE WEIGHT

EXERCISE/MACHINE	SET 1	SET 2	SET 3



ESTIMATED CALORIE INTAKE

ESTIMATED CALORIE BURN

ACTIVITY	TIME
 CARDIO	: : :

NOTES

WEEKLY WRAPUP

How do I feel about this week? _____



SMART goals for next week: _____

What are some things I did right? _____

What did I learn? _____

What can I improve on? _____
