

LOVE MOTIVATE ME

DAY: _____

DATE: _____

3 THINGS I AM GRATEFUL FOR:

1. _____

2. _____

3. _____

TODAY'S WOD

TODAY'S MUST DO LIST:

1. _____

2. _____

3. _____

TODAY'S STEP COUNT: _____

TODAY'S HOME WORK:

MY NOTES:

JOURNAL QUESTION: _____
