




FIT FEBRUARY

DAILY JOURNAL



FEBRUARY

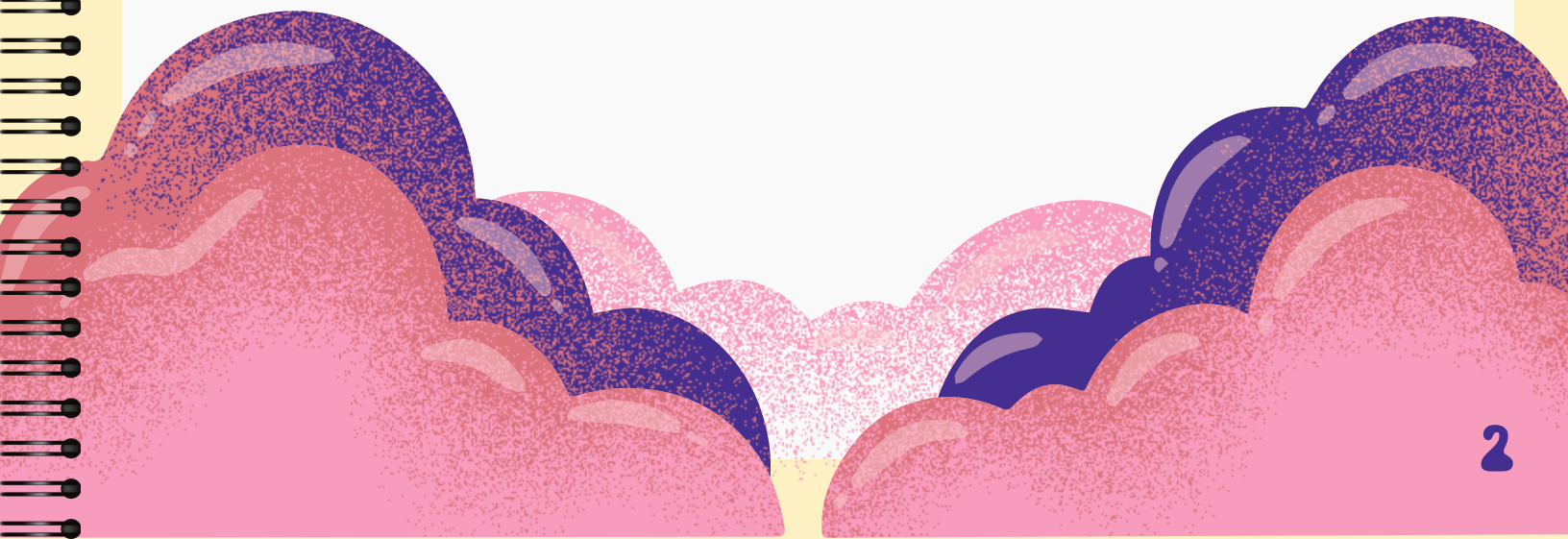
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TOP GOALS

♡	
♡	
♡	
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♡	
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♡	
♡	
♡	
♡	



Let's Go!

1

SATURDAY

2

SUNDAY

3

MONDAY

4

TUESDAY

5

WEDNESDAY

6

THURSDAY

7

FRIDAY

FEBRUARY 1 - 2TH

NOTES:

8 SATURDAY

9 SUNDAY

you
got
this

10 MONDAY

11 TUESDAY

12 WEDNESDAY

13 THURSDAY

14 FRIDAY



FEBRUARY 8TH - 14TH

NOTES:



15 SATURDAY

16 SUNDAY

17 MONDAY

18 TUESDAY

19 WEDNESDAY

20 THURSDAY

21 FRIDAY

FEBRUARY 15TH - 21ST

NOTES:

22 SATURDAY

23 SUNDAY



24 MONDAY

25 TUESDAY

26 WEDNESDAY

27 THURSDAY

28 FRIDAY

FEBRUARY 22ND - 28TH

NOTES:



1. How does it feel to finish? _____

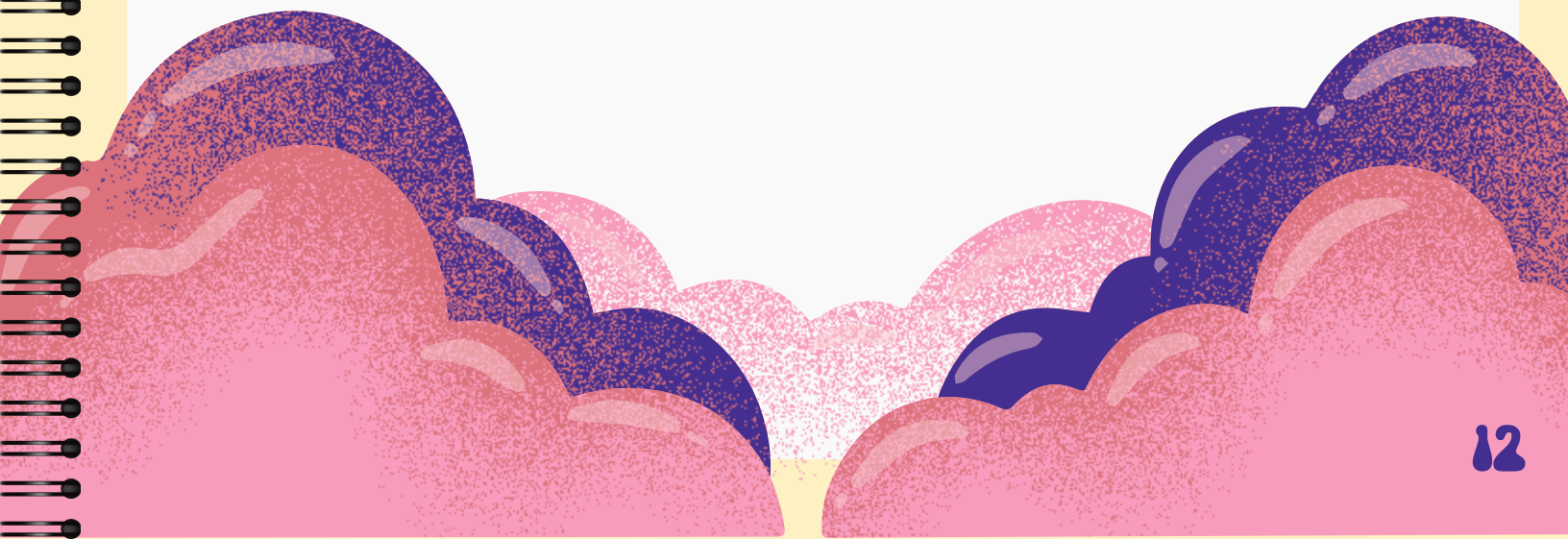
2. Favorite part of this journey? _____

3. Least favorite part of this journey? _____

4. What did you learn about yourself from doing this? _____

5. Do you want to continue what you started? _____

TAKEAWAYS





you did ✨
great



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