

Take Care of Your Heart!

FEBRUARY IS HEART HEALTH MONTH



Date: / /

S M T W T F S

MY DAILY GOALS

MY MOTIVATION

MY MOTIVATION

WATER TRACKER

WATER TRACKER







MEALS AND SNACKS

Breakfast	Lunch	Dinner	Snacks

EXERCISE

Reps :
Minutes :
Calories :
Intensity :
Weight :

Notes

Need help getting started? Call us for an evaluation: 919-845-6160