### Fitness Journal

In Week 15 of the Wellness Revolution, we delved into the realm of Physical Activity and Exercise. While various fitness tracking devices can effectively monitor your fitness journey, there are moments when physically jotting down your progress in a journal can help keep you motivated and aligned with your fitness goals. Although this information is also available in the Wellness Ledger, this fitness journal offers you the option to print it out, providing a tangible and personal record of your fitness journey and achievements.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Data | Activity | Type of Activity | Duration | Intensity | Observations Of Your Body Before & After | Feelings Felt During the Workout |
|  |  | Stretching, Aerobic, Strength Other | Hours and Minutes |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |