

# Get Active Guide

Date: \_\_\_\_\_ Goal: \_\_\_\_\_

Food Log	How do I feel?
Breakfast	😊 😐 😞
Snack	😊 😐 😞
Lunch	😊 😐 😞
Snack	😊 😐 😞
Dinner	😊 😐 😞
Snack	😊 😐 😞

Strength Exercises	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio Exercises	Time	Intensity	Distance	♥ Rate	Calories

Notes: \_\_\_\_\_

Water - aim for 8 glasses

Sleep: \_\_\_\_\_ hrs