



THE LEAN BODY PROJECT

IT'S EASY WHEN YOU KNOW HOW

Name	THIS MONTH'S GOALS:
Month	
Year	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Total Weight Loss:	Average No. Daily Steps	Average Daily Calories Consumed	No. Workouts Completed

RECORD DAILY

- KG or lbs Weight
- 10,000 No. of Steps
- 1,200 Calories Consumes
- ✓ Workout Completed
- X Did Not Workout

EXAMPLE

85kg
9,560 steps
1,200 cal

NOTES: