



Do IT! DIARY
Gotta get DOWN to get up!

Day 1

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 2

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 3

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 4

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 5

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____



BELT like a PRO

with Fawn Arnold

Do IT! DIARY

Gotta get DOWN to get up!

Day 6

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 7

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 8

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 9

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 10

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

