

SUGAR FREE

Life

Nutritionist-Guided Detox Program & Membership

WEIGHT LOSS &
**FITNESS
PLANNER**

*Includes 11 progress
trackers and printables
pages for success.*

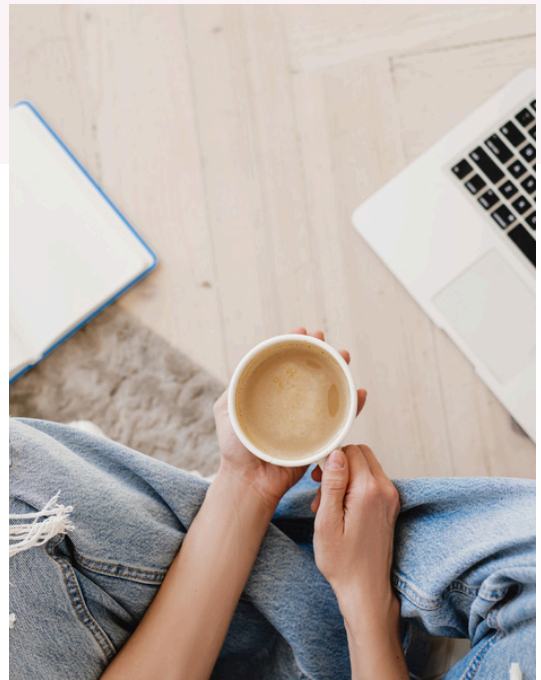
How To Use This Planner

As a **BONUS GIFT**, this planner is a helpful tool you can use to track your health progress during the program.

All you need to do to get started, is to print off the planner pages you wish to use along your journey. For some, this may be the entire set, while for others, it may only be a few key pages; you get to choose what works for you.

Life gets busy, so I highly recommend that you add these printables to a designated binder where you can readily access the trackers and keep everything well organised.

Printers ready? Choose your trackers and let's go!



PRINT OFF COPIES & START TRACKING GOALS

Come share your wins inside the Facebook Community.

The Benefits Of Tracking Progress

Taking a snapshot of your starting point and tracking your progress while on the program is a great way to measure how far you've come, and see how close you are to reaching your main goal. This is a fantastic motivator to keep you going, especially since lifestyle changes and the desired results are rarely achieved instantaneously. Positive and long lasting changes take time. By keeping a record of your efforts and goals, you can effectively measure the shifts and steps you have taken, and see more notably change as it is unfolding.

BONUS #2

- **14-page printable** set to track food intake
- uncover **hidden sugars + poor food choices**
- **simple prompts** to motivate you each day
- Nutritionist-led **reflections questions/tasks**
- a **membership community** for support
- see **Member's Only Area** to download it

Knowing where the *hidden sugar* is hiding in your current diet is a key step in going sugar-free.

Your second **BONUS GIFT** is a handy **Food & Sugar Diary printable** kit with an easy to use diary to record all your daily meals and hunt for the hidden sugars in your diet. We'll discuss the many benefits of completing a food diary in the **Facebook Community**. This bonus material is optional, and up to you whether you choose, or need to join in the workshops and discussions.



Download the
HIDDEN SUGAR
FOOD DIARY

My Progress Chart



START:

Chest

WEEK 1 :

WEEK 2 :

WEEK 3 :

WEEK 4 :

Goal:

Arm

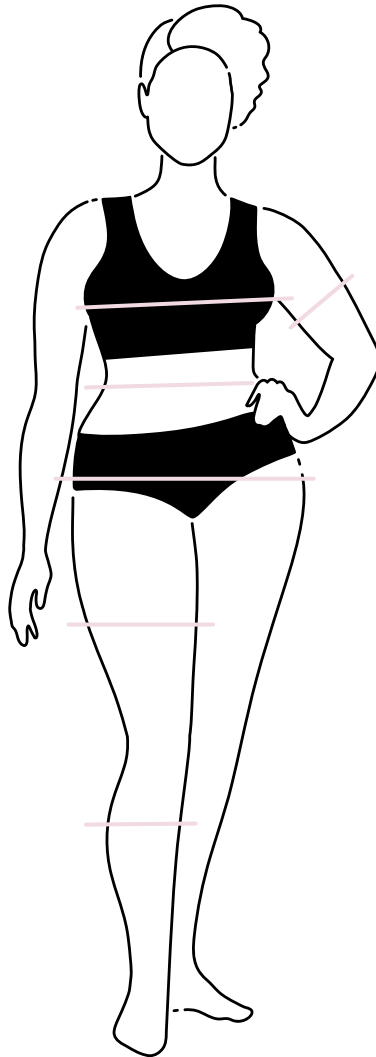
WEEK 1 :

WEEK 2 :

WEEK 3 :

WEEK 4 :

Goal:



Waist

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

Goal:

Hip

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

Goal:

Thigh

WEEK 1:

WEEK 3:

WEEK 2:

WEEK 4:

Goal:

Calf

WEEK 1:

WEEK 3:

WEEK 2:

WEEK 4:

Goal:


NOTES:


My Progress Chart


 YEAR

 Start Date:


 End Date:

SIZING	 GOAL	BEFORE	AFTER
WEIGHT
BMI
CHEST
ARMS
WAIST
HIPS
THIGHS
CALVES

 My Motivation

 Habits to Start

SUGAR FREE *Life* My Progress Chart

 YEAR:

 DATE:



BEFORE PHOTO

Before

WEIGHT:

BMI:

BODY FAT:

MUSCLE:

 *Goal:*

 DATE:



AFTER PHOTO

After

WEIGHT:

BMI:

BODY FAT:

MUSCLE:

 *Goal:*



DATE:

STARTING
WEIGHT



GOAL
WEIGHT



YEAR:



Goals This Year:



DUE DATE

DUE DATE

DUE DATE

DUE DATE

DUE DATE

DUE DATE

DUE DATE

DUE DATE



My Strategy:

SUGAR FREE *Life* Weekly Planner



MONTH:

Set yourself up for success this week listing all the meals and workouts you plan to use to reach your goal.

My Healthy Meals This Week:								Shopping List:
MON								
TUE								
WED								
THUR								
FRI								
SAT								
SUN								
My Workouts:								My Lifestyle Habits:
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My Big Wins:								<input type="checkbox"/> _____
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WEEK:



My Goal:



REWARD:

FITNESS ACTIVITY / NEW HABIT:

List the fitness or new habits you plan on using this week. Check them off as you complete each one.

- _____
- _____
- _____
- _____
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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My Big Wins:

Blank space for writing 'My Big Wins'.

Exercise Tracker



DATE:

My Mood Today:



EXERCISE TYPE:

TOTAL WORKOUT TIME:

Exercise:

Set 1

Set 2

WEIGHT

REPS

WEIGHT

REPS



My Big Wins:



MONTH:

Colour or shade in each circle as you practice the new habit needed to help you achieve your goal.

NEW LIFESTYLE HABIT:

☆ DAYS I PRACTICED IT:

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

[Blank habit description box]

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

 My Big Wins:

My Steps Tracker



MONTH:



Goal:

BEFORE:

AFTER:

DATE: 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

 STEPS TODAY: <input type="text"/>	 STEPS TODAY: <input type="text"/>	 STEPS TODAY: <input type="text"/>	 STEPS TODAY: <input type="text"/>
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 STEPS TODAY: <input type="text"/>	 STEPS TODAY: <input type="text"/>	 STEPS TODAY: <input type="text"/>	 FINISH <input type="text"/> MY AVERAGE STEPS



SUGAR FREE *Life* 30 Day Challenge



MONTH:

Let's START

Create your own 30 day challenge; add lifestyle habits to each square, and then complete the sequence over the next thirty days.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
 MON				
 TUE				
 WED				
 THU				
 FRI				

 My Big Wins:

SUGAR FREE *Life* Tracking Health Goals

Nutritionist-Guided Detox Program & Membership



How Will You Use This *Planner*?

Pop back inside the Facebook Community to share your intentions for this planner or your wins for this coming week! 🎉

click to visit →

MEMBERS ONLY

FACEBOOK COMMUNITY



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[WWW.EATNOURISHGLOW.COM.AU](http://www.eatnourishglow.com.au)