

Fitness Tracker
By Shaily Fitness Studio
www.shailyfitness.com

Date:

Weight:

Day	Workout	NEAT	IF	Hydration	Nutrition	Mood/Energy	Explanation
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

- * IF: Intermittent Fasting. Report hours fasted.
- * Hydration: Aim for 3 liters daily.
- * NEAT: Non-Exercise Activity Thermogenesis. Walking, House Cleaning, Biking for Commute, Climbing the Stairs, etc. Include minutes.
- * Nutrition: Include Protein Intake in Grams or Serving Sizes. Include calories if you counted. Also reflect on sugar, fiber, added sugar, etc.
- * Explanation: Reflect on what went great and what could go better. Very short phrases suffice.

Fitness Tracker

www.shailyfitness.com

[Instagram: @shaily.daily](https://www.instagram.com/shaily.daily)

Date:

Weight:

Day	Workout	NEAT	IF	Hydration	Nutrition	Mood/Energy	Explanation
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

* IF: Intermittent Fasting. Report hours fasted.

* Hydration: Aim for 3 liters daily. Report in cups or liter.

* NEAT: Non-Exercise Activity Thermogenesis. Walking, House Cleaning, Biking for Commute, Climbing the Stairs, etc. Include minutes.

* Nutrition: Include Protein Intake in Grams or Serving Sizes. Include calories if you counted. Also reflect on sugar, fiber, added sugar, etc.

* Explanation: Reflect on what went great and what could go better. Very short phrases suffice.

Fitness Tracker

www.shailyfitness.com

[Instagram: @shaily.daily](https://www.instagram.com/shaily.daily)

Date:

Weight:

Day	Workout	NEAT	IF	Hydration	Nutrition	Mood/Energy	Explanation
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

* IF: Intermittent Fasting. Report hours fasted.

* Hydration: Aim for 3 liters daily. Report in cups or liter.

* NEAT: Non-Exercise Activity Thermogenesis. Walking, House Cleaning, Biking for Commute, Climbing the Stairs, etc. Include minutes.

* Nutrition: Include Protein Intake in Grams or Serving Sizes. Include calories if you counted. Also reflect on sugar, fiber, added sugar, etc.

* Explanation: Reflect on what went great and what could go better. Very short phrases suffice.

Fitness Tracker

www.shailyfitness.com

[Instagram: @shaily.daily](https://www.instagram.com/shaily.daily)

Date:

Weight:

Day	Workout	NEAT	IF	Hydration	Nutrition	Mood/Energy	Explanation
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

* IF: Intermittent Fasting. Report hours fasted.

* Hydration: Aim for 3 liters daily. Report in cups or liter.

* NEAT: Non-Exercise Activity Thermogenesis. Walking, House Cleaning, Biking for Commute, Climbing the Stairs, etc. Include minutes.

* Nutrition: Include Protein Intake in Grams or Serving Sizes. Include calories if you counted. Also reflect on sugar, fiber, added sugar, etc.

* Explanation: Reflect on what went great and what could go better. Very short phrases suffice.