



# BETTER BODY

♥ bootcamp

*These worksheets are meant to be a place where you can reflect on your progress, make goals for yourself, and hold yourself accountable for keeping your commitments. At the end of the challenge, you can look back and see how far you've come in just 5 days!*

**It's Day 2 and guess what...**...you were more active *yesterday* than the day before! And *today* you will be even better!

## DAILY CHECKLIST

- Watch Heidi's Training Video
- Complete your workout. Number of reps reached on stepladder. \_\_\_\_\_
- Eat Protein at every meal. How many meals/snacks contained protein? \_\_\_\_\_
- Increase water intake. How many ounces of water did you drink today? \_\_\_\_\_

What have been your biggest challenges with sticking to a program or routine in the past? How will you conquer those obstacles?

---

---

---

---

---

Based on what I learned today, I will commit to:

---

---

---

---

---