



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 3 and that means you are halfway through this 5-day challenge! I know you're already feeling so good about yourself, and today your closer to your goals than you've ever been before!

DAILY CHECKLIST

- | | |
|---|---|
| <input type="checkbox"/> Watch Heidi's Training Video | <input type="checkbox"/> Eat Protein at every meal. How many meals/snacks contained protein? _____ |
| <input type="checkbox"/> Complete your workout. Number of lunges/distance traveled: _____ | <input type="checkbox"/> Increase water intake. How many ounces of water did you drink today? _____ |
| <input type="checkbox"/> Stick to the 80/20 rule of nutrition. How was your wholesome food ratio? ____ / ____ | |

How have you dealt with mistakes or shortcomings in the past? How will you improve your reaction the next time you slip up?

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