



# 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!*

Your legs are probably on **FIRE** after yesterday's lunge walks, and **YOU'RE** on fire at keeping your commitments! Great job!

## DAILY CHECKLIST

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|---|---|
| <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 core 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? ____ / ____ | <input type="checkbox"/> Took one step towards setting your environment up for success!             |

How have you seen lack of preparation affect your performance in the past?  
What strategies will you implement to be better prepared?

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

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