



# 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!

**The FINAL Day of the challenge!** You've made it and you should be so proud of your accomplishment.

## DAILY CHECKLIST

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|---|--|
| <input type="checkbox"/> Watch Heidi's Training Video   | <input type="checkbox"/> Select 1 of the 5 Foundation Nutrition Tips to start!                     |
| <input type="checkbox"/> Eat breakfast  |  |
| <input type="checkbox"/> Stick to the 80/20 rule of nutrition. How was your wholesome food ratio? ____ / ____                             | <input type="checkbox"/> Eat Protein at every meal. How many meals/snacks contained protein? ____  |
| <input type="checkbox"/> Complete Workout.<br><i>I gave my all to this workout!</i> (check one)   | <input type="checkbox"/> Increase water intake. How many ounces of water did you drink today? ____ |
| <input type="checkbox"/> NOT AT ALL <input type="checkbox"/> NOPE <input type="checkbox"/> I THINK SO <input type="checkbox"/> DEFINITELY | <input type="checkbox"/> Prepare for tomorrow's workout/nutrition                                  |

What will you do to take care of yourself *first*, and be "beneficially selfish"?

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

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