

SUGAR FREE

Life

Nutritionist-Guided Detox Program & Membership

WEIGHT LOSS &
**FITNESS
PLANNER**

*Includes 11 progress
trackers and printables
pages for success.*

How To Use This Planner

As a BONUS GIFT, this planner is a helpful tool you can use to track your health progress during the program.

All you need to do to get started, is to print off the planner pages you wish to use along your journey. For some, this may be the entire set, while for others, it may only be a few key pages; you get to choose what works for you.

Life gets busy, so I highly recommend that you add these printables to a designated binder where you can readily access the trackers and keep everything well organised.

Printers ready? Choose your trackers and let's go!



PRINT OFF COPIES & START TRACKING GOALS

Come share your wins inside the Facebook Community.

The Benefits Of Tracking Progress

Taking a snapshot of your starting point and tracking your progress while on the program is a great way to measure how far you've come, and see how close you are to reaching your main goal. This is a fantastic motivator to keep you going, especially since lifestyle changes and the desired results are rarely achieved instantaneously. Positive and long lasting changes take time. By keeping a record of your efforts and goals, you can effectively measure the shifts and steps you have taken, and see more notably change as it is unfolding.

BONUS #2

- **14-page printable** set to **track food** intake
- uncover **hidden sugars** + **poor food choices**
- **simple prompts** to motivate you each day
- Nutritionist-led **reflections questions/tasks**
- visit the **discussion group** for support
- see **Member's Only Area** to download it



Download the
HIDDEN SUGAR
FOOD DIARY

Knowing where the *hidden sugar* is hiding in your current diet is a key step in going sugar-free.

Your second **BONUS GIFT** is a handy **Food & Sugar Diary printable** kit with an easy to use diary to record all your daily meals and hunt for the hidden sugars in your diet. We'll discuss the many benefits of completing a food diary in the **Facebook Community**. This bonus material is optional, and up to you whether you choose, or need to join in the workshops and discussions.



START:



Chest

WEEK 1 :

WEEK 2 :

WEEK 3 :

WEEK 4 :



Goal:



Arm

WEEK 1 :

WEEK 2 :

WEEK 3 :

WEEK 4 :



Goal:



Waist

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:



Goal:



Hip

WEEK 1:

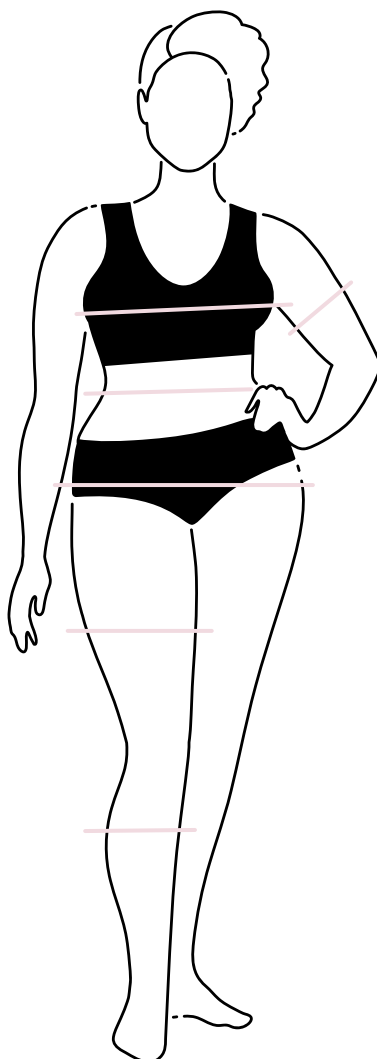
WEEK 2:

WEEK 3:

WEEK 4:



Goal:



Thigh

WEEK 1:

WEEK 3:

WEEK 2:

WEEK 4:



Goal:



Calf

WEEK 1:

WEEK 3:

WEEK 2:

WEEK 4:



Goal:



NOTES:

My Progress Chart



YEAR



Start Date:



End Date:

SIZING



GOAL

BEFORE

AFTER

WEIGHT

BMI

CHEST

ARMS

WAIST

HIPS

THIGHS

CALVES



My Motivation



Habits to Start



YEAR:



DATE:

BEFORE PHOTO

Before

WEIGHT:

BMI:

BODY FAT:

MUSCLE:



Goal:



DATE:

AFTER PHOTO

After

WEIGHT:

BMI:

BODY FAT:

MUSCLE:

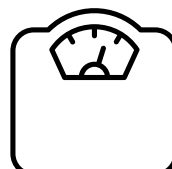
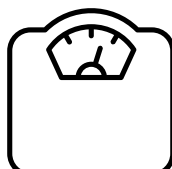
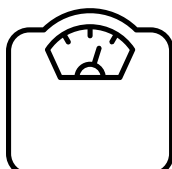
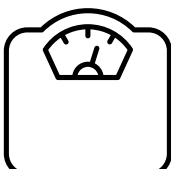
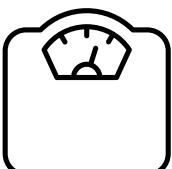
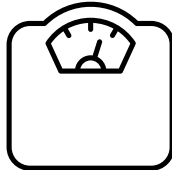
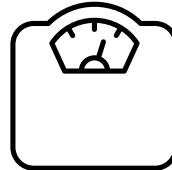
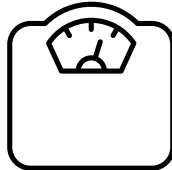
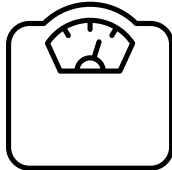
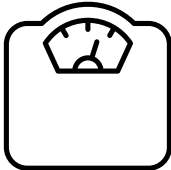
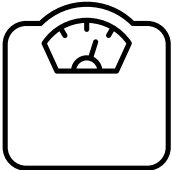
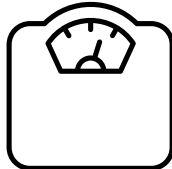
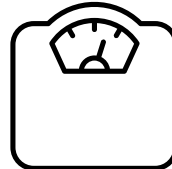
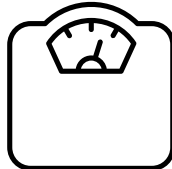
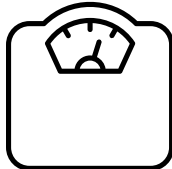
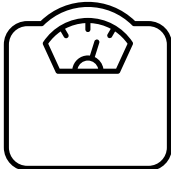
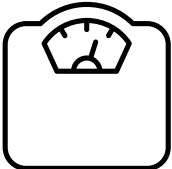
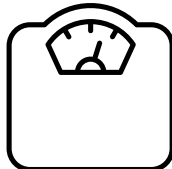
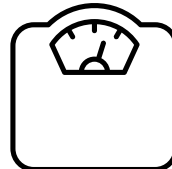
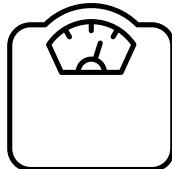
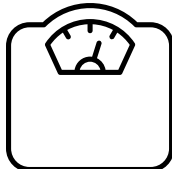
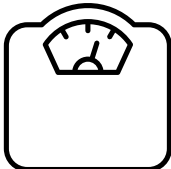
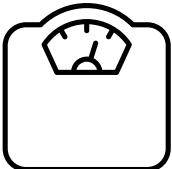
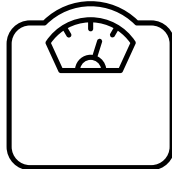
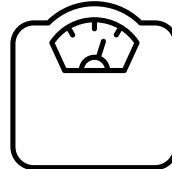
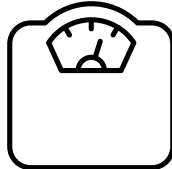
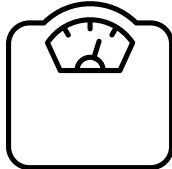
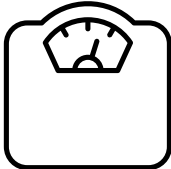
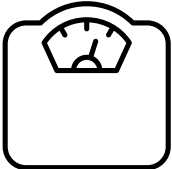
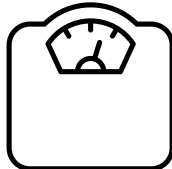
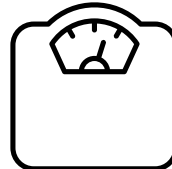
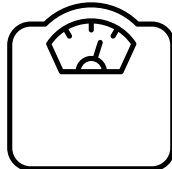
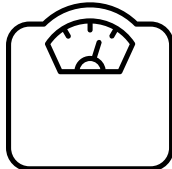
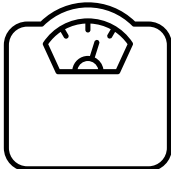
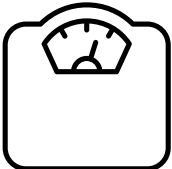
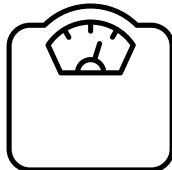
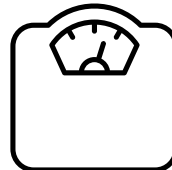
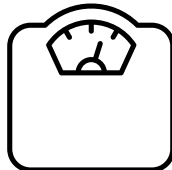
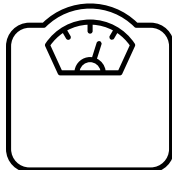
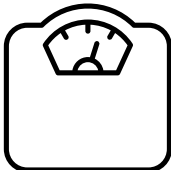
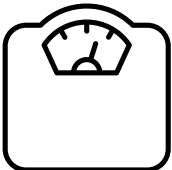
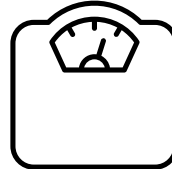
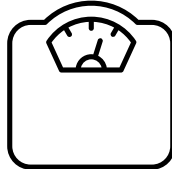
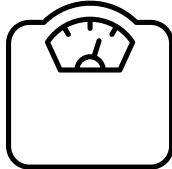
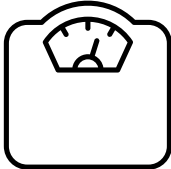
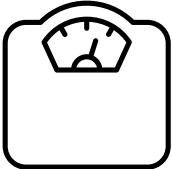
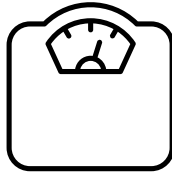
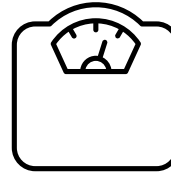
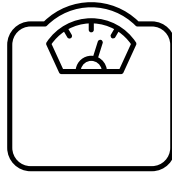
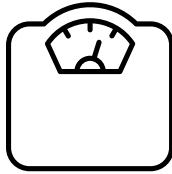
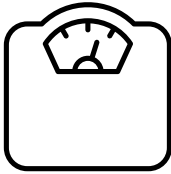


Goal:



DATE:

STARTING
WEIGHT



GOAL
WEIGHT

Goals This Year:

DUE DATE

💡 **My Strategy:**



MONTH:

Set yourself up for success this week listing all the meals and workouts you plan to use to reach your goal.

My Healthy Meals This Week:

MON	
TUE	
WED	
THUR	
FRI	
SAT	
SUN	

Shopping List:

My Lifestyle Habits:

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

My Workouts:

	M	T	W	TH	F	S	SU

My Big Wins:



WEEK:



My Goal:



Reward:

FITNESS ACTIVITY / NEW HABIT:

List the fitness or new habits you plan on using this week. Check them off as you complete each one.

☐

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

☐☐

My Big Wins:

Exercise Tracker



 DATE:


My Mood Today:



EXERCISE TYPE:

TOTAL WORKOUT TIME:

Exercise:	 Set 1		 Set 2	
	WEIGHT	REPS	WEIGHT	REPS

 My Big Wins:



MONTH:

Colour or shade in each circle as you practice the new habit needed to help you achieve your goal.

NEW LIFESTYLE HABIT:

☆ DAYS I PRACTICED IT:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
															31

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
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16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
															31



My Big Wins:



MONTH:



Goal:

BEFORE:

AFTER:

DATE: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



STEPS TODAY:



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MY AVERAGE STEPS



MONTH:

Let's
START

Create your own 30 day challenge; add lifestyle habits to each square, and then complete the sequence over the next thirty days.

WEEK 1

WEEK 2

WEEK 3

WEEK 4



MON



TUE



WED



THU



FRI



My Big Wins:



Download the *Food & Sugar Diary*

**Pop back inside the Members Area to download your free copy
and take your health and sugar-free goals next level!**

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MEMBERS ONLY

FACEBOOK COMMUNITY



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