**~ Witness The Fitness ~ Worksheet 2 - January 2019**



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| **January 1st 2019** | |
| Steps I did today |  |
| Triple Threat and/or Fab Four | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| I moved my body doing |  |
| I moved my body because |  |



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| **January 2nd 2019** | |
| Steps I did today |  |
| Triple Threat and/or Fab Four | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| I moved my body doing |  |
| I moved my body because |  |

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| **January 3rd 2019** | |
| Steps I did today |  |
| Triple Threat and/or Fab Four | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| I moved my body doing |  |
| I moved my body because |  |

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Enter the date as you continue to track your progress, using the empty space at the top.

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| Steps I did today |  |
| Triple Threat and/or Fab Four | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| I moved my body doing |  |
| I moved my body because |  |

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