

I am Vibrant

Spectrum Training

Nutrition

Standard diet

Whole Food, Plant Based

Fitness

No activity

30 -60 mins of activity 4-7x a week

Lifestyle

No active pursuit of goals, not feeling at best

Having a clear vision, Feeling positive and energized

Accountability

No accountability in place

Accountability plan in place that continues past the 6 week program

I am Vibrant

- Read previous nights intention
- I am grateful for _____

- Todays power statements

- My self love practice for today is

My top three tasks for today are

1. _____
2. _____
3. _____

- I am grateful for _____

- Todays power statements

Today I loved and
nourished my body with

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Water _____

Today I felt _____

Today I showed my body love and
enjoyed being active by

I felt _____ during and
I felt _____ after

- What inspired me today _____

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Weekly Review

What I did amazing this week and why

What I can do better next week and how

Recipes I loved

I most loved moving my body when I

My favorite power statement this week is

What I am most excited for next week is
