



**THE SCHOOL**  
*of*  
**GREATNESS**  
**ACADEMY**

**Body Mastery Journal**

**DATE:**

**FITNESS:**

What did you do today for your fitness challenge?

How did it go?

**NUTRITION:**

What did you have for breakfast?

What did you have for lunch?

What did you have for dinner?

Did you have any snacks or extras?

**MIND:**

Did you make time for your meditation today?

How did it go?

Anything else you'd like to take note of from today?

How do you feel?

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## END OF WEEK REVIEW:

How do you feel?

Does your body feel any different than it did at the start of the week?

Does your mind feel any different than it did at the start of the week?

What were your “wins” this week?

Where did you get feedback?

Were you able to stay away from your one “bad” thing this week?

Did you notice an effect on your body?