

# Take Care of Your Heart!

FEBRUARY IS HEART HEALTH MONTH



Date:    /    /

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## MY DAILY GOALS

## MY MOTIVATION

MY MOTIVATION

## WATER TRACKER



## MEALS AND SNACKS

Breakfast	Lunch	Dinner	Snacks

## EXERCISE

Reps        :

Minutes    :

Calories    :

Intensity    :

Weight      :

Notes

**Need help getting started? Call us for an evaluation: 845-201-9205**