

# Jim Cipriani's Total Body Transformation Program

**FITNESS JOURNAL**

**Date:** \_\_\_\_\_

My goal today:

<b>Supportive Nutrition: Factor 1</b>	Protein	Starchy Carb	Fibrous Carb	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

<b>Resistance Training: Factor 2</b>	Lbs/Reps	Lbs/Reps	Lbs/Reps
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/

<b>Moderate Cardio: Factor 3</b>	NOTES:
Type:	
Minutes:	

**Factor 4: My attitude today was:**

Things I did today to be healthier:

Today, I Rewarded myself by:

I am most grateful for:

My biggest accomplishment today was:

My biggest setback today was:

On a scale of 1 to 10, I would rate today as a: 1 2 3 4 5 6 7 8 9 10