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**ADAM COPLEY: PERSONAL TRAINING:**

**DAILY JOURNAL:**

Welcome to your daily journal. I have designed this to help you get the most out of your day. A lack of organisation and routine can be catastrophic during times like these, and I do not want you do to go through this. So, I have prepared this journal, that is designed to make sure you achieve something new every day.

Let’s get to it!

**MONDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**TUESDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**WEDNESDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**THURSDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**FRIDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**SATURDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

**SUNDAY:**

MY GOAL:

WHAT I HAVE ACHIEVED TODAY:

ONE POSITIVE OUTCOME OF THE DAY:

I want you to fill this in EVERY DAY and email me this each week to show me how you are progressing.

Remember staying organised and on top of your schedule is key to keeping your motivation and your morale up!

Let’s get to work!