

 **VIBEC** CLUB

PLANNER



Monthly Goal Setting

By the end of the month, I will have lost _____ lbs.

When reach this goal, I will be most proud of _____

If I make mistakes I will remind myself _____

If I achieve my goal, this is what it will mean to me... _____

My future self from the end of the month would give me this advice... _____

The ways I will need to change to achieve this goal are... _____



Obstacles and Strategies

Spend some time considering potential obstacles you may face over the next 30 days while working toward your goal. List those obstacles followed by your planned strategy to overcome them.

Obstacle 🙄

Strategy 💪



Obstacle 🙄

Strategy 💪



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Strategy 💪





Stats

Beginning Weight _____

End Weight _____

Beginning Measurements

Stomach: _____

Hips: _____

Thigh: _____

End Measurements

Stomach: _____

Hips: _____

Thigh: _____

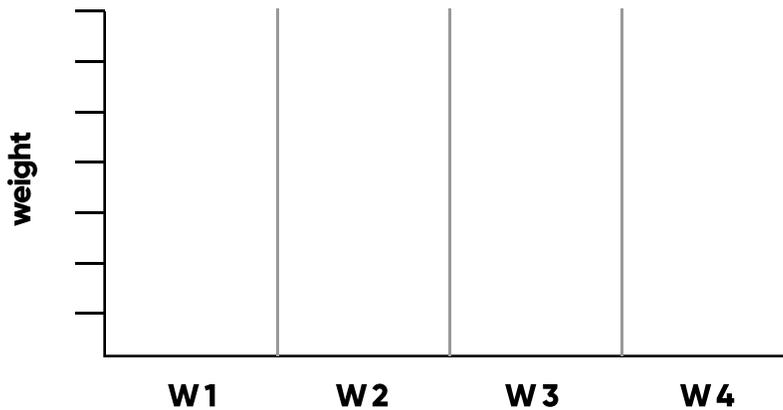
Weigh-Ins

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

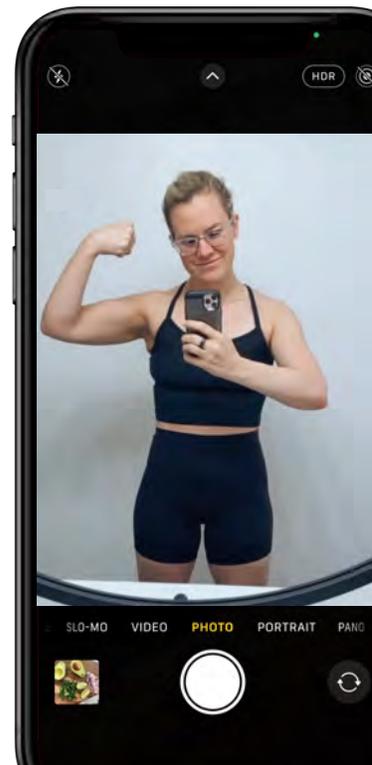


Take Photos

Take Before Picture

Take After Picture

Take your photos wearing the same clothes, in the same mirror, at the same time of day, at the same angle.





Habit Tracker

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total / 31 = %
Made 24 hr plan																																
Followed 24 hr plan																																
Movement																																
Daily Vibe Check																																
Hit Water Goal																																

Weight

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Day 31														

Total Lost _____



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Curiosity Worksheet

What did you overeat that wasn't on your 24 hour plan?

What time of day did the overeat/off-plan eat happen?

Are you noticing any patterns? What are they?

The reason you ate was...

What would've worked better? What else could you have done?

What do you want to choose to think about this moving forward?

What were you telling yourself leading up to the off plan eat? Be very specific

What did you learn about yourself from this experience?

How will you handle this next time? _____



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The reason you ate was...

What would've worked better? What else could you have done?

What do you want to choose to think about this moving forward?

What were you telling yourself leading up to the off plan eat? Be very specific

What did you learn about yourself from this experience?

How will you handle this next time? _____



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