

30 DAYS for KYL

September 2006

Sponsored by The Process Fitness

Healthy Journal

www.theprocessfitness.com

30 DAYS
for
KYLI

The “30 Day’s for Kyli” healthy journal is a great tool. This will give you an opportunity to log all of your progress along the way. Remember this is not about perfection. Just take it one day at a time and try to improve your health along the way. For each day write down the healthy action you took for yourself in Kyli’s honor. Some simple ideas might be some of the following.

- *Take the time to go for a walk*
- *A run in the park*
- *Take that bike that has been collecting dust for a ride*
- *Try a new class at the gym*
- *Get yourself back to the gym*
- *Drink water instead of soda*
- *Take a moment to meditate or just be quiet*
- *Say No to dessert just for today*
- *Lot’s of fruits and vegetables*
- *Take the stairs and not the escalator*
- *Go to bed an hour earlier for more rest*
- *Just be grateful for your health!*

30 DAYS *for* KYLI

Day-1 (Day/Date) _____

Day-2 (Day/Date) _____

Day-3 (Day/Date) _____

Day-4 (Day/Date) _____

30 DAYS *for* KYLI

*Day-5 (Day/Date)*_____

*Day- 6 (Day/Date)*_____

*Day-7 (Day/Date)*_____

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*Day- 8 (Day/Date)*_____

30 DAYS *for* KYLI

*Day-9 (Day/Date)*_____

*Day-10 (Day/Date)*_____

*Day-11 (Day/Date)*_____

*Day-12 (Day/Date)*_____

30 DAYS *for* KYLI

Day-13 (Day/Date) _____

Day-14 (Day/Date) _____

Day-15 (Day/Date) _____

Day-16 (Day/Date) _____

30 DAYS *for* KYLI

*Day-17 (Day/Date)*_____

*Day-18 (Day/Date)*_____

*Day-19 (Day/Date)*_____

*Day-20 (Day/Date)*_____

30 DAYS *for* KYLI

*Day-21 (Day/Date)*_____

*Day-22 (Day/Date)*_____

*Day-23 (Day/Date)*_____

Day-24 (Day/Date)

30 DAYS *for* KYLI

Day-25 (Day/Date) _____

Day-26 (Day/Date) _____

Day-27 (Day/Date) _____

Day-28 (Day/Date) _____

30 DAYS *for* KYLI

Day-29 (Day/Date) _____

Day-30 (Day/Date) _____

Congratulations you did it! I'm sure Kyli is applauding you at this very moment. Didn't it feel good to take care of yourself for these last 30 days? I also want to thank you for keeping Kyli in your thoughts the whole step of the way. Remember this does not have to be the end of your journey. I am sure Kyli would love it if this event was a springboard to health and well being.

Way to go!

John Abbinanti – Fitness Professional and co founder of The Process

