

*My*  
*Body Logique*



*Fitness Journal*

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If you are one of the millions of women who think you should be doing some type of exercise, but do not know where to begin, this book is for you!

Congratulations! You have made a good choice. The first step in adapting a more active and healthy lifestyle! It is no secret that exercise increases our body strength and stamina, reduces our risk of heart disease, relieves stress, increases energy, aids with depression, detoxifies the body, boosts the immune system, helps maintain a healthy weight and helps us look & feel better!

I want you to do something: Read the cover of this book. It says "**Body Logique!**" This is the core idea: to listen to your Body's *Logic*. Your body's *natural logic* will tell you where to begin, when to push harder and when to slow down. No one knows your body like you do. You just need to listen to it and acknowledge its signals. Do you feel hungry? You need food. Thirsty? Water...Do you feel tired? Then you need activity, etc.

The human body has an inherent need for *movement*, for *activity* and *exercise*. Exercise is not just for the physically fit or those "health nuts" you see all over the place! Exercise is for *everyone*-every shape, size, age and fitness level. The important thing is to start *somewhere*: get *moving* and stay moving!

Exercise does not have to mean hours at a gym or elaborate programs that you will never stick to. Start as simply as taking a short 15-30 minute walk every day and gradually work your way up to a more challenging workout when you and your body feel ready. Remember that you can always stop and rest if you get tired and start again in a few minutes. Gradually you will gain strength and stamina. Pick something you *like* to do-(exercise is allowed to be fun!) And vary your activity as much as possible to combat boredom. Equally important as activity is *active resting*. You must give your body 2-3 days weekly to rest and recover. This resting phase is when the muscles will become stronger and more defined.

It is also very important that before you begin any new activity, routine or program that you consult with your doctor or health practitioner. If at any time you feel pain or fatigue, stop the activity immediately. Do not push your body past its normal limits or injury can result. The point is to *challenge* the body, not to cause it pain.

Not exercising is just a bad habit. Exercising and taking care of yourself is a good one. Be patient! It probably took a long time for you to learn bad habits so it will take time to build good ones. You must be willing to stay committed to getting the results that you want. This will take time. Do not get discouraged if you do not see the instant results you think you should be getting. Rather, enjoy the process of transformation into who you want to be!

This book will help you keep track of your goals and progress, and keep you committed to your new active lifestyle. A sample page is included for your reference.

Please direct any questions or comments to [barbara@bodylogique.com](mailto:barbara@bodylogique.com).

Wishing You Well,

*Barbara*

\* Please visit us often at: [www.bodylogique.com](http://www.bodylogique.com)

# Goals...

## *Three Month Goals*

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## *Six Month Goals*

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## *12 Month Goals*

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Sample page..  
Goals...

*Three Month Goals*

*To get some activity every day away from my desk, to sleep better and have more energy.*

*Six Month Goals*

*To be able to continue exercise for at least 30 minutes at a time, 3-4 times weekly, to maintain my energy level, and to begin a nutrition plan to help me to lose 5 pounds.*

*12 Month Goals*

*To maintain my current energy level, to add 15-30 more minutes to my workout, lose 5 more pounds and to begin a weight training program to define and shape my muscles*

Week # \_\_\_\_\_

Date \_\_\_\_\_

**Activity/Exercise**

**Time**

\_\_ / \_\_ / \_\_ Monday

\_\_ / \_\_ / \_\_ Tuesday

\_\_ / \_\_ / \_\_ Wednesday

\_\_ / \_\_ / \_\_ Thursday

\_\_ / \_\_ / \_\_ / Friday

\_\_ / \_\_ / \_\_ Saturday

\_\_ / \_\_ / \_\_ / Sunday

***Weekly Summary:***

*How I felt: (physically):* \_\_\_\_\_

*How I felt (mentally):* \_\_\_\_\_

*Notable Changes:* \_\_\_\_\_

*Goals for next week:* \_\_\_\_\_





*Notes...*

