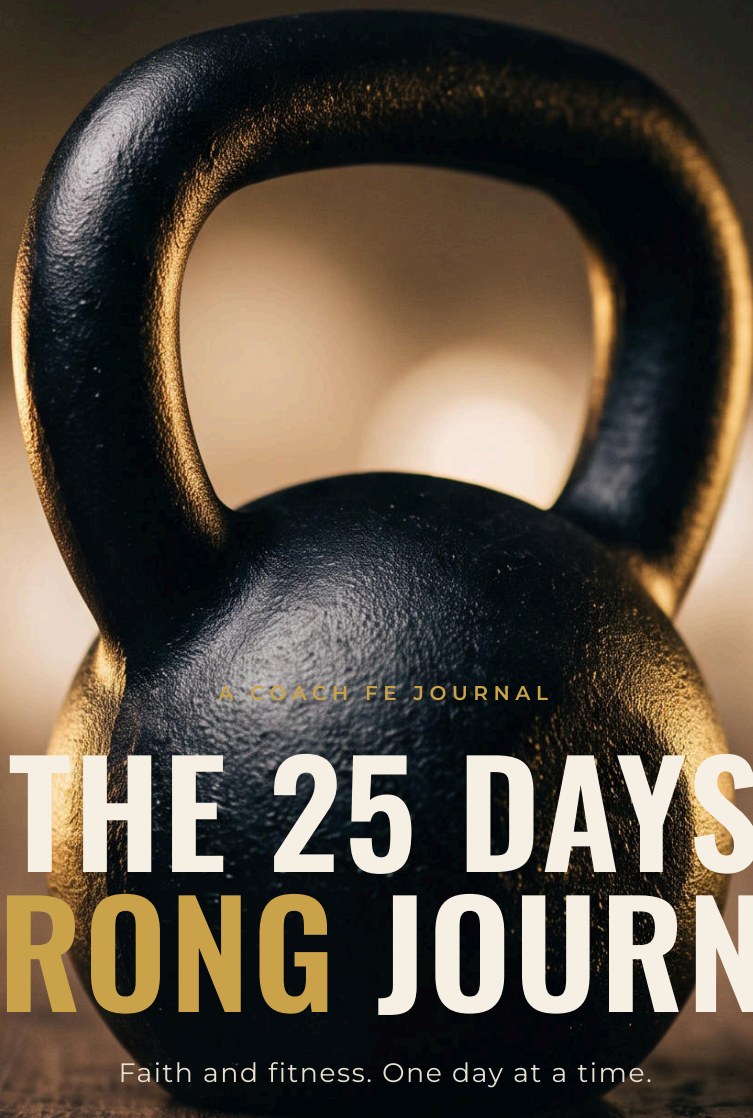




A COACH FE JOURNAL

THE 25 DAYS **STRONG** JOURNAL

Faith and fitness. One day at a time.

SAMPLE EDITION



BEFORE YOU START

HOW TO USE THIS JOURNAL

Hey, it's Coach Fe. The workouts build your body. Writing it down builds the discipline. On the days you feel like nothing is changing, these pages will show you how far you've actually come.

01

SHOW UP FIRST

Do the day's workout at your level. Pick the one you can finish with good form, not the one that sounds impressive.

03

OPEN YOUR BIBLE

Every day has a verse reference. Look it up and read it yourself. Sit with it for a minute before you move on.

05

CHECK IN WITH YOUR BODY

Energy, sleep, water. Track them every day and you'll start seeing patterns within a week.

02

LOG IT RIGHT AFTER

Exercises, sets, reps, weight. It takes two minutes. Do it while you're still sweating.

04

BE HONEST

Nobody is grading this. A few real sentences beat a full page of what you think you should say.

06

MARK YOUR STREAK

Fill in your square every day you finish. Miss one? Don't quit. Pick it back up tomorrow.

You don't have to be perfect for 25 days. You just have to keep coming back. I'm proud of you for starting.

LET'S WORK. COACH FE

DAY ZERO

MY WHY

Go deeper than "I want to lose weight." Who are you doing this for? What changes in your life when you finish all 25 days?

MY LEVEL

☐ Beginner ☐ Intermediate ☐ Advanced

Choose the level you can finish with clean form. You can move up anytime.

STARTING CHECK-IN

Start date _____

Weight (optional) _____

Workouts per week now _____

MY GOALS FOR THESE 25 DAYS

BODY _____

FAITH _____

HABIT _____

WHERE I'M STARTING

Energy (1) (2) (3) (4) (5)

Confidence (1) (2) (3) (4) (5)

Time with God (1) (2) (3) (4) (5)

One thing I'm ready to let go of _____

I'M COMMITTING TO 25 DAYS. SIGNED

DATE

DAY 01

JOSHUA 1:9

Look it up and read it before you train.

Date _____ Workout _____

TIMER ROUNDS

R1

R2

R3

R4

R5

R6

Check off each round. Total _____ min

MY LEVEL TODAY

☐ Beginner

☐ Intermediate

☐ Advanced

WORKOUT LOG

EXERCISE	SETS	REPS	WEIGHT	NOTES

REFLECTION

Day 1 takes courage. Where do you need to be brave right now, in your training or outside of it? What's one step you can take this week?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

ENERGY

① ② ③ ④ ⑤

SLEEP

_____ hours

WATER

□ □ □ □ □ □ □ □

One per glass

DAY 02

ISAIAH 40:31

Look it up and read it before you train.

Date _____ Workout _____

TIMER ROUNDS

R1

R2

R3

R4

R5

R6

Check off each round. Total _____ min

MY LEVEL TODAY

☐ Beginner☐ Intermediate☐ Advanced

WORKOUT LOG

EXERCISE	SETS	REPS	WEIGHT	NOTES

REFLECTION

Day 2 is usually when the soreness shows up. Where are you running on your own strength right now, and what would it look like to lean on God's instead?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

ENERGY

① ② ③ ④ ⑤

SLEEP

_____ hours

WATER

□□□□□□□□

One per glass

KEEP THE CHAIN GOING

25 DAY STREAK

Every day you finish your workout, fill in that square. Missed one? Circle it, give yourself some grace, and show up the next day. The goal is to keep coming back.

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
DAY 06	DAY 07 WEEK ONE	DAY 08	DAY 09	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14 HALFWAY	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25 FINISHED

DAYS COMPLETED

____ / 25

LONGEST STREAK

____ DAYS



YOU JUST SAW TWO DAYS

FULL JOURNAL: ALL 25 DAYS

The full journal gives you a page for every day of the challenge. Your log, your verse, your prompt, your check-in. All 25 days in one place, so you can look back at the end and see exactly what God did with your yes.

QUESTIONS? EMAIL ME

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