

Reach Your Fitness Goals With These 10 Fun Bullet Journals

Written by Christina Silvestri

Monday, 29 January 2018 19:25 - Last Updated Monday, 29 January 2018 20:04

Planning and goal setting is a must for maintaining a balanced lifestyle and workout routine. Keeping a bullet journal is a perfect way to document your progress to ensure you're staying on track to reach your fitness goals.



Photo: Instagram [@scrubs_n_coffee](#)

Whether you're familiar with bullet journaling or not, you've probably seen these beautifully organized and color-coded journals on Instagram.

Bullet journaling is a method of journaling and note taking that uses short and concise bullet points to document everything and anything, from daily activities to long-term goals and aspirations. Instead of writing long sentences like a traditional journal, the magic of bullet journaling is what is called "rapid logging," whereby bullet points keep things as short and to the point as possible.

You can use any type of journal or notebook to bullet journal. Get creative with lists, charts or graphics to outline your goals and activities. When it comes to fitness, think about what you'd like to achieve over the next week, month and year, and set your intentions by writing or drawing in your bullet journal.

Need some inspiration? Whether it's aiming to lose weight or run a marathon, these 10 fitness bullet journals prove that maintaining a healthy balance doesn't have to be a chore.

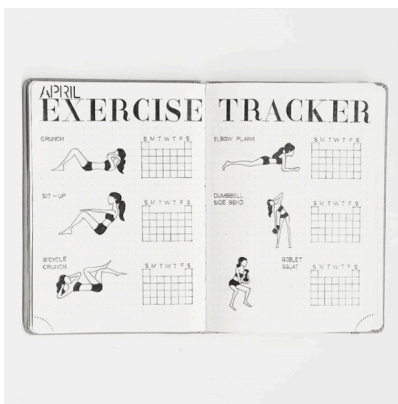


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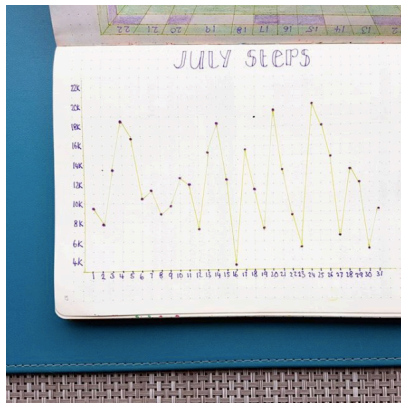


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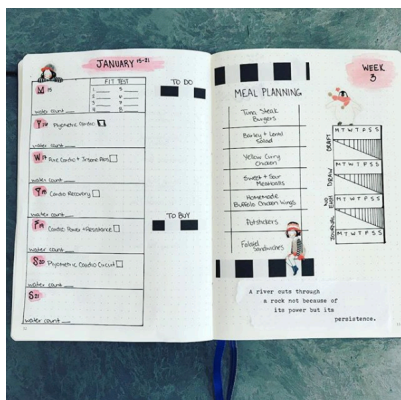


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