

From the desk of: Dr. Anthony Balduzzi, Founder The Fit Mother Project



Welcome to your FM30X Success Tracking & Journal System, my friend!

I developed this Success Tracking System as a part of **Fit Mother 30X** to help you get the very most out of this powerful program.

After watching thousands of women and men go through my Fit Mother and Fit Father 30X Programs, I noticed that although the vast majority of members were incredibly successful on the program (in terms of total weight lost and habits built), there was a certain subset of people who were extraordinarily successful.

These extraordinarily successful men and women lost the most weight, gained the most muscle, and stayed the most consistent on the program.

I began to study these unique women and men to figure out which common characteristics they shared that separated them from the rest of the pack.

It turns out that these extraordinary people did all share one common trait.

In one form or another, each of these extraordinarily successful people had developed some form of a consistent tracking system for their daily health habits and weekly progress throughout the FM30X & FF30X Programs.

Some of these people had created Xcel Spreadsheets to track their meal timing and workout progress. Others used old fashion hand-written journals.

Regardless of their chosen tracking medium, their success began to make sense to me.

Having a consistent tracking system is essential for **massive success** in any endeavor – be that weight loss, saving money, improving a business, or learning a new skill.

In fact, we even knew this fact 30 years ago...

There was a famous study conducted at the Harvard Business School in 1979 that I told you about in the Mission Statement Program Setup Step.

A group of researchers wanted to figure out the relative importance of written goals and tracking on success.

The researchers gathered up all the Harvard Business School students of the 1979 class and asked them one very specific question:

*"Have you set clear, written goals for your future & made plans to accomplish them?"*

Out of the hundreds of students surveyed, here's what the researchers found:

- 3% of the graduates had written goals and plans
- 13% had a goal (but their plans were not in writing)
- 84% had no specific goals at all

Here's where things get (very) interesting...

10 years later, the researchers followed up with the very same members of the 1979 Harvard Class to evaluate their level of success and happiness.

Most of these graduates were now well established into their careers and family.

What the researchers found from re-interviewing these individuals was nothing short of astonishing...

- The 13% who had said that they had specific goals before graduating were earning, on average, **2x MORE** than the 84% who had no goals at all.

But that's not the truly interesting part...

- The researchers also found that the 3% who had specific written goals were earning, on average, **10X as much as the other 97% put together!**

Incredible, right!? That's a massive difference in success and performance.

**Remember:** each of these individuals – whether they had written goals or not – were Harvard graduates. There is no question that every single one of these individuals was *damn smart*.

Yet, the biggest determinant of their success was not sheer intelligence...

The 3% of students who eventually became some of the wealthiest earners in the entire country had **WRITTEN GOALS** that separated them from the pack.

After reading this study early in my coaching career, I made an incredibly important decision about how I designed my Fit Mother & Fit Father Programs...

I wanted to ensure that every woman doing ANY of my programs would create a WRITTEN GOAL for their Fit Mother 30X Journey. Because you're reading this, you've already created your Mission Statement in your program setup steps.

But with this guide you get the "extra next step" that will 10X your results.

Once we have your written goal, we will ensure you follow-up with your goal on a DAILY BASIS through habit and ritual tracking.

Writing your goals ignites the fire of success. Consistent re-evaluation and tracking of your written goals is what turns that small ember into a blazing fire.

That's precisely what you have now: a proven Success Tracking System that you will use throughout Fit Mother 30X. This Success Tracking system is based on the newest breakthroughs in the fields of performance psychology & neuroscience.

Specifically, this tracker will help you:

- Write your goals
- Precision plan your weeks' accomplishments
- Execute on your new daily health habits
- Track your progress (both mental and physical)
- Express gratitude for your journey
- Create a rock-solid program structure to keep you consistent

On the coming pages, I'm going to outline how this Success Tracking System will work for you throughout Fit Mother 30X, step-by-step.

Specifically, there are a 3 Essential Components of this Success Tracker we'll cover.

- 1) The Morning Routine – a set of simple habits to set your day up right.
- 2) The Daily Timeline & Rhythms – to outline & schedule your meals/workouts.
- 3) The Evening Routine – to celebrate your successes & evaluate lessons learned.

Welcome to your *Fit Mother 30X Accelerate Success Tracking System*.

You now have the tools that are proven to separate you from the pack and create MASSIVE SUCCESS with Fit Mother 30X and beyond. Let's dive on in to this guide, so I can show you how this Success Tracker works.

# The Morning Routine

*...and WHY it sets your day up for massive success & momentum.*

Have you ever heard the saying, “How you do anything is how you do everything?” There is a lot of truth in those words – including the fact that how you spend the very first hour of your morning often sets the tone for your entire day.

It’s not always possible for us to plan for every circumstance and situation that arises in the middle of our days. Meetings sometime get rescheduled. There’s an accident on the highway. A key project you’ve been working on has some new setbacks.

Yet, despite these natural ebbs & flows of life, we do have an extraordinary amount of control over how we choose to BEGIN and END each day that will ensure we get the most important things done and set ourselves up for the most success possible.

It’s a well-known fact that the most high-performing people in the world – from the late Benjamin Franklin to Ariana Huffington, Elon Musk, & Michael Jordan – all have morning rituals to ensure they start each day in a productive, planned, and positive manner.

We are going to leverage that very same wisdom and apply it to your health progress throughout Fit Mother 30X.

From the research on neuroscience and performance psychology, there are a few key elements of a proven morning routine that will set your day up for success. Let’s take a minute to outline these key elements before revealing your morning routine tracker.

## **KEY ELEMENT #1: GRATITUDE**

Studies indicate that beginning your day with gratitude can actually REWIRE your brain to have a more positive outlook on life.

Gratitude simply means counting your blessings, appreciating the things that are going well in your life (big or small), and appreciating everything you have.

When we develop a more positive outlook on our healthy changes through a regular gratitude practice, we are much more likely to find joy in our new daily rituals, which will ultimately lead to more consistency (and success).

That's why every day during this FM30X Success Tracking System you will be prompted to begin your day with gratitude. Specifically, you will be given the opportunity to write down 3 things you are grateful for each morning. Here's an example below.

Today, I am grateful for...

- 1. My loving partner who is supporting me through Fit Mother 30X.**
- 2. My children who serve as a reminder for me to be the best woman possible.**
- 3. My job that allows me to make a living and contribute to the world.**

You will receive the opportunity to express gratitude for ANYTHING you appreciate in life each morning throughout Fit Mother 30X. This simple morning gratitude practice has the ability to transform your life (and brain wiring) in profound ways.

## **KEY ELEMENT #2: GOAL WRITING**

In addition to expressing gratitude every morning, you will also have the opportunity to re-write your goals for Fit Mother 30X every morning to keep your mind on track with your deepest desires and motivations.

Rewriting your goals daily magnetizes your mind and signals to your sub-conscious brain that your thoughts, actions, and decision throughout the rest of your day should be directed toward reaching your goals. Because of how essential goal wiring it, I've created a space in this Success Tracker to allow you to rewrite your goals for FM30X each morning. I intentionally left this "goal writing" section flexible so you have freedom to define different goals for each day.

Some days, you may write your 30-day program goals (i.e. lose 17lbs in 30-days). Other days, you may write your daily goals (i.e. complete your FM30X workout today). Here's an example of what your morning goal writing may look like:

**I am losing 17lbs in the next 30 days using Fit Mother 30X. Today, my specific health goals are to: 1) complete my APEX10 workout after work & before dinner 2) to follow the Fit Mother Meal Plan to the letter – not skipping any meals.**



# The Evening Routine

*...how to reflect, recharge, learn from your day, & integrate wins.*

Having an evening routine is just as important as having a morning routine. Your evening routine will help create a “bookend” around your day, which will help you solidify your new health habits and experience massive success with Fit Mother 30X.

There are 3 Key Elements to your FM30X Evening Routine: 1) Recording Daily Wins 2) Recording Lessons Learned 3) Expressing Evening Gratitude.

## **KEY ELEMENT #1: WINS**

Recapping your daily wins is an essential part of building healthy habit momentum throughout Fit Mother 30X. By celebrating your wins each day, you reinforce your good behaviors that went well, which conditions your brain to repeat those good behaviors consistently in the future. That’s why each day you’ll have the opportunity with this Success Tracker to jot down things that went well during the day.

If you nailed a new personal record on your FM30X Workout for the day, jot that down. If you resisted temptation to have a cookie at lunch, write that down. If you crushed a work project, feel free to write that down too. This journal is not simply built for your health routines - it’s built to help you be more successful in all areas of life - your health simply being one of those key areas.

Making a daily habit of telling yourself the great things you accomplished today (no matter how big or small) will continually grow your confidence in your abilities and improve your relationship with yourself. In the evening section of each day’s journal tracker, you will see a small “WINS” section like the example below:

**MY WINS TODAY:**

(EXAMPLE EVENING WIN RECAP)

*Today, I ate every meal on schedule using The Fit Mother recipes. I completed my second APEX10 workout of the week, and I felt a lot stronger than I did in my last workout session. I hydrated really well today, and I noticed that I was very productive at work as a result. I finished all my work tasks 2 hours early.*



## **KEY ELEMENT #2: LESSONS LEARNED**

In addition to writing down your “daily wins” each evening, you will also have the opportunity to write down some of your “lessons learned” throughout the day.

Throughout Fit Mother 30X, you will inevitably learn key insights about your life, schedule, and things that impact your ability to “stick to” the program.

For example, you may have used your Daily Timeline section to schedule your workout for 5pm after work. Yet, when 5pm rolls around, you realize that you have to stay late at the office to finish this important project, and you skip your workout.

In this scenario above, a lesson learned may be that scheduling evening workouts opens the door for inconsistency when your work schedule inevitably gets busy. As a result, you may want to consider trying to complete morning workouts before work to experiment if you’re able to stay more consistent. Here’s another example to illustrate how important reflection is for your long-term success.

Let’s say it’s Friday night and you have a big family gathering where you KNOW there will be plenty of food and alcohol. You’re committed to eating healthy, so you plan on using some good ol’ fashion willpower to avoid the junk food at the party.

Yet, by the time you got to the party at 7pm, you are starving. Your snack at 2pm is not holding you over. Before you know it, you find yourself plunging your hands into the chip bowl. You overeat for the rest of the night and gain 2lbs when you weighed the next morning.

Lesson learned! Through reflection, we’re able to come up with a new strategy when similar situations arise in the future.

*The tweak moving forward: I will a healthy high protein meal BEFORE parties/family gatherings so my hunger is controlled and I’ll be less tempted to overeat junk foods.*

The intentional practice of recapping the small lessons we learn each day allows us to examine the things that are working (or not working) in our routines and make the necessary adjustments to create better results moving forward.

Self-reflection is incredibly important for success in all areas of life – including your health routines. That’s why I included it as a part of your Evening Routine.

Over time of practicing nightly reflection, you will begin to naturally see the opportunities for improvement during your schedule. This will pattern a new behavior for how you consider problems and actionable solution where you wouldn't have been able to before.

Here's an example of how you may jot down some lessons learned from your day:

### **TODAY'S LESSONS LEARNED:**

*Today, I learned that I get really tired, hungry, and cranky at 2pm if I don't have a healthy lunch around noon. Moving forward, I am going to pack a sandwich from The Fit Mother Meal Plan, so I have something convenient at work that will keep me full and energized. I also learned that I am most consistent with my hydration habits when I keep a water bottle next to my desk.*

Again, definitely use this journaling space provided to reflect on lessons learned about your eating & exercise like I did in the example above.

YET, don't limit yourself to simply recording lessons learned in the "health" domain. I designed this Success Tracker to help you improve your entire life, so I recommend you jot down ALL FORMS of lessons you learn that are important for you each day.

### **KEY ELEMENT #3: EVENING GRATITUDE**

Finally, to wrap up the evening routine part of your FM30X Success Tracker, we will end our day with a short gratitude appreciation practice.

Just like our morning gratitude practice, take a few minutes before you sleep to write down three things you were grateful for from today. Don't be surprised if this small practice improves the quality of your sleep. In fact, a recent study just showed that focusing on grateful thoughts before bed improves REM sleep & sleep quality.

If you have a regular prayer practice, you can absolutely combine your prayer and gratitude elements together for an incredibly powerful routine that will leave you feeling happier and more spiritually fulfilled each evening.

Here's an example of evening gratitude from my own journal:

**1. Today, I am incredibly grateful for my beautiful wife Paige who helps push me to do more with my work at The Fit Mother Project.**

**2. I am incredibly grateful to be sleeping in a safe, warm bed when so many people around the world don't have this simple luxury.**

**3. I am incredibly grateful that tomorrow will be a fresh day that I can use to improve my life, body, health, and the entire world.**

Everything is fair game for your evening gratitude practice – your family, work, finances, improving health, etc.

Use this as an opportunity to reflect on the blessings in your life that you ALREADY HAVE as you are proactively working to improve your life and invite even more blessings into your new reality.

I hope you're beginning to see the power of this simple Success Tracking System. All of these rituals – from gratitude practice to scheduling your workouts to evaluating your daily wins – are all researched backed to help improve your happiness, success, and performance.

On the coming pages, you will find your actual BLANK PAGES for you to fill out throughout your next 30-days on Fit Mother 30X.

**Again, I highly recommend you print these pages, put them into a binder, and physically hand-write your prompts for The Morning Ritual, The Daily Timeline, & The Evening Ritual.**

Flip to the next page, and let's look at an example of a fully completed day of tracking using your FM30X Success Tracker.

# Sample Day Tracking

DATE: 1 / 15 / 2017

S (M) T W T F S

Which meal plan setup are you using?  On the go  At home  Mix n' Match

Do you have a scheduled workout today?  Yes  No Scheduled time: 5:45am

## Action Steps:

- 1) Schedule your breakfast, lunch, snack, & dinner timing today.
- 2) Schedule your workout session today (if exercising).
- 3) Schedule your work priorities (optional but helpful)

## NOTE & IDEA AREA

5	.....	Drank 24oz water upon waking up.
6	<b>Complete APEX10 Workout</b> .....	Finished in 50 min w/ 20lb KBs.
7	.....	I felt strong during the workout, and I noticed that my knees felt strong and stable during the squats (no pain).
8	.....	
9	<b>Fit Mother Breakfast Fat Burn Shake</b> .....	
10	.....	
11	.....	Drank 32oz water before lunch.
12	<b>Ezekiel Bread Sandwich (Packed)</b> .....	
1	.....	
2	.....	
3	<b>Organic Apple + 1/4 cup mixed nuts</b> .....	Noticed that I was feeling energetic after having this little snack.
4	.....	
5	.....	
6	.....	
7	<b>Grilled fish, rice, and veggies</b> .....	We didn't actually use one of the Fit Mother Recipes tonight. We just paired some grilled Cajun salmon with rice and broccoli. It was a simple and tasty meal that even my kids loved.
8	.....	
9	<b>Head to bed to get good rest</b> .....	

# MY MORNING & EVENING RITUALS

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) This morning, I am grateful that I am 2.5lbs lighter than last week.
- 2) I am grateful that I committed to myself & The Fit Mother 30X Program.
- 3) I am grateful for my 2 sons who motivate me to be a better mother.

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

*Today, my goal is to complete my first Full Body Fit (FBF) workout of the week. I am committed to following The Fit Mother Meal Plan schedule today. I am committed to drinking 90oz of water today.*

“ *I am always more interested in what I am about to do than what I have already done.*

- RACHEL CARSON -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) I nailed my morning workout.
- 2) I completely stuck to my Fit Mother Meal Plan schedule.
- 3) I used this tracking tool successfully to plan out my entire day.

Lessons Learned: *Here are some lessons that I learned from today...*

*Today, I learned that I am very consistent with my workouts when I get them done first thing in the morning. I also learned how valuable it is to pre-pack my lunch & snacks so that I have healthy food around the office for convenience.*

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) I am grateful for another successful day on the FM30X Program.
- 2) I am grateful for working with my team to successfully complete our project.
- 3) I am grateful for my family, friends, and loved ones who support me.

On the coming pages, you will find your blank tracking templates that you will use throughout the next 30-days on the Fit Mother 30X Program. Again, I recommend you print these pages, put them into a binder, and fill them out by hand each day.

Enjoy! Cheers to your massive success,

-Dr. Anthony Balduzzi  
*Founder, The Fit Mother Project*  
*Founder, The Fit Father Project*



# **FM30X DAY #1: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .



*The future does not belong to the light-hearted; it belongs to the brave.*

- RONALD REAGAN -



 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #2: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Courage is being scared to death and saddling up anyway.* ”  
- JOHN WAYNE -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

# FM30X DAY #3: DAILY TIMELINE TRACKING


DATE:    /    /                      S   M   T   W   T   F   S

Which meal plan setup are you using?    On the go    At home    Mix n' Match  
Do you have a scheduled workout today?    Yes    No   Scheduled time: \_\_\_\_\_

## Action Steps:

- 1) Schedule your breakfast, lunch, snack, & dinner timing today.
- 2) Schedule your workout session today (if exercising).
- 3) Schedule your work priorities (optional but helpful)

NOTE & IDEA AREA

	NOTE & IDEA AREA
 5 .....	. . . . .
6 .....	. . . . .
7 .....	. . . . .
8 .....	. . . . .
9 .....	. . . . .
10 .....	. . . . .
11 .....	. . . . .
12 .....	. . . . .
1 .....	. . . . .
2 .....	. . . . .
3 .....	. . . . .
4 .....	. . . . .
5 .....	. . . . .
6 .....	. . . . .
7 .....	. . . . .
8 .....	. . . . .
9 .....	. . . . .

# **FM30X DAY #3: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *I am always more interested in what I am about to do than what I have already done.*

- RACHEL CARSON -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

# FM30X DAY #4: DAILY TIMELINE TRACKING


DATE:   /   /                    S   M   T   W   T   F   S

Which meal plan setup are you using?    On the go    At home    Mix n' Match  
 Do you have a scheduled workout today?    Yes    No   Scheduled time: \_\_\_\_\_

Action Steps:

- 1) Schedule your breakfast, lunch, snack, & dinner timing today.
- 2) Schedule your workout session today (if exercising).
- 3) Schedule your work priorities (optional but helpful)

NOTE & IDEA AREA

 5 .....	.....
6 .....	.....
7 .....	.....
8 .....	.....
9 .....	.....
10 .....	.....
11 .....	.....
12 .....	.....
1 .....	.....
2 .....	.....
3 .....	.....
4 .....	.....
5 .....	.....
6 .....	.....
7 .....	.....
8 .....	.....
9 .....	.....

# **FM30X DAY #4: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *If I had eight hours to chop down a tree, I'd spend six sharpening my axe.* ”  
- ABRAHAM LINCOLN -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #5: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*The time to repair the roof is when the sun is shining.*

- JOHN F. KENNEDY -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .


My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #6: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .



*Whatever the mind of man can conceive and believe, it can achieve.*

- NAPOLEAN HILL -



 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #7: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Every strike brings me closer to my next home run.*

- BABE RUTH -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #8: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Life is 10% what happens to me, and 90% how I react to it.* ”  
- JOHN MAXWELL -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #9: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *If you do what you've always done, you'll get what you've always gotten.* ”  
- TONY ROBBINS -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #10: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Winning isn't everything, but wanting to win is.*

- VINCE LOMBARDI -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #11: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ You can never cross the ocean until you have the courage to lose sight of the shore.

- CHRISTOPHER COLUMBUS -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*


. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #12: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Either you run the day, or the day runs you.*

- JIM ROHN -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #13: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Whether you think you can or you think you can't, you're right.*

- HENRY FORD -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #14: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Inspiration exists, but it must find you working.*

- PABLO PICASSO-

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #15: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *There is only one way to avoid criticism: do nothing, say nothing, and be nothing.*

- ARISTOTLE -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #16: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Go confidently in the direction of your dreams. Live the life you have imagined.*

- HENRY DAVID THOREAU -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #17: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Certain things catch your eye, but pursue only those that capture your heart.* ”  
- ANCIENT INDIAN PROVERB -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #18: MORNING & EVENING RITUALS**


 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Everything you've ever wanted is on the other side of fear.* ”  
- GEORGE ADDAIR -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #19: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Start where you are. Use what you have. Do what you can.*

- ARTHUR ASHE -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*


. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #20: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Fall seven times and stand up eight.*

- ACNIENT JAPANESE PROVERB -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #21: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*If the wind will not serve, take to the oars.*

- LATIN PROVERB -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .


My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #22: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *The way to get started is to quit talking and begin doing.* ”  
- WALT DISNEY -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #23: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*It is never too late to become what you might have been.*

- GEORGE ELIOT-

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #24: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *I am always more interested in what I am about to do than what I have already done.*

- RACHEL CARSON -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #25: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *It does not matter how slowly you go, as long as you do not stop.* ”  
- CONFUCIUS -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #26: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ Remember that not getting what you want is sometimes a wonderful stroke of luck.

- DALAI LAMA -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #27: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *Our lives begin to end the day we become silent about the things that matter.* ”  
- MARTIN LUTHER KING JR. -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #28: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“ *The question isn't who is going to let me; it's who is going to stop me.* ”  
- AYN RAND -

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .



# **FM30X DAY #29: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*


. . . . .  
. . . . .  
. . . . .



*Remember that nobody can make you feel inferior without your consent.*

- ELEANOR ROOSEVELT -



 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .





# **FM30X DAY #30: MORNING & EVENING RITUALS**

 My Morning Gratitude Practice: *Three things I am grateful for this morning...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

My Goals Today: *Here's what I am focusing on today (my daily goals or long-term)...*

. . . . .  
. . . . .  
. . . . .

“

*Dream as if you will live forever. Live as if you will die tomorrow.*

- JAMES DEAN -

”

 Three Wins: *Here are three wins & things that were awesome about my day today...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Lessons Learned: *Here are some lessons that I learned from today...*

. . . . .  
. . . . .  
. . . . .

My Evening Gratitude Practice: *Three things I am grateful for about today/life...*

- 1) . . . . .
- 2) . . . . .
- 3) . . . . .

Congratulations! If you're reading this, you have either scanned through this entire tracker or successfully completed a full 30-days of tracking on FM30X Phase #1.

Either way, great work so far!

I include an updated success tracker for you inside our FM30X Phase #2 program (Days 31-90) of your journey. In this second phase, you and I will build on everything we've started in this Phase #1 (Days 1-30), while including the new habits that you'll begin in Phase #2 to accelerate your results.

I highly recommend you continue onto Phase #2 by joining our ***Fit Mother For Life*** Membership to ensure you keep up your momentum and start the new workouts & meal plan tweaks that will keep your body progressing even faster. There are links to join Phase #2 and Fit Mother For Life inside your member's area.

Let's keep up our great work together. I'm proud of you.

-Dr. Anthony Balduzzi  
*Founder, The Fit Mother Project*  
*Founder, The Fit Father Project*

