

GRATEFULNESS TIME TRACK JOURNAL

www.TurnFit.ca



@TurnFit.ca



<http://turnfit.ca/free-support>

AT **TURNFIT**, THERE IS NO SUCH THING AS **IMPOSSIBLE**

We're the ultimate matchmakers, finding you a personal trainer to lead you through a world of unlimited possibilities. You always come first, so we ask you to search for what you really want. The answer to this question is the key to achieving your ultimate lifestyle and fitness goals.

Everyone wants something different – maybe you want to become toned, stronger, leaner, or faster. At **TurnFit** we help make that happen, backed by the latest science and industry-leading standards.

Our trainers keep their energy up by limiting the number of sessions they have each day. They bring their best selves to help you find your best self, too.

We won't upsell you extra training sessions or treat you like a number. We do what the best trainers do – help you reach your peak and regenerate so you can always be your best self.

Date: _____

Time Tracking:

[illegible]

EXPRESS GRATITUDE BEFORE

Sleeping

I am grateful for...

Date:

3 things I'm grateful are:

1 Challenge & what I learned from it:

2 people I'm grateful for:

The BEST part of my day

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What was your biggest success this week?

What will you do differently or the same next week?

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See
TurnFit Personal Trainers
for your first visit on

Email **info@turnfit.ca** Promo Code:
GratefulnessGift2019
and mention my name.

Gift of your first visit to TurnFit Personal Trainers on me.
Value \$150



TurnFit Personal Trainers Ltd.

To: _____ Value: **\$150**

From: _____

Authorized Signature: _____ Expiration Date: _____

Note:

Please note that: This must be signed and stamped by David Turnbull to make this valid.

The background of the page is split diagonally from the bottom-left corner to the top-right corner. The upper-left portion is a solid blue color, and the lower-right portion is a solid white color.

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