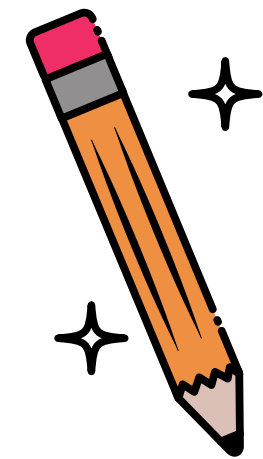




KALEIDOSCOPE
Soul

FAB



Fit Awareness Blotter



MIX AND MATCH THESE PAGES FOR
TRACKING THE FITNESS OF YOUR
FEELINGS PRE/POST WORKOUTS.

it's okay to
feel your
feelings

See the last 2 pages—print as many copies as
needed for extra space to write.



ATMOSPHERE

PROMPT:

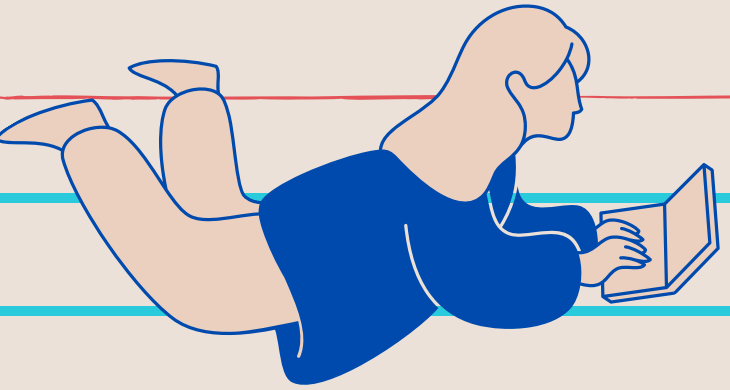
WHAT



**DESCRIBE WHERE YOU ARE.
WHAT DO YOU SEE, SMELL, HEAR & FEEL?**

[illegible]

FREE WRITE FOR 2 MINUTES-WHATEVER
COMES TO YOUR MIND.



DEEP BELLY BREATHING

ALLOW YOURSELF 3 MINUTES FOR
THIS PRACTICE. THEN WRITE 3
WORDS THAT DESCRIBE HOW
YOU FEEL AFTERWARDS.



COMPLETE THE THOUGHT:

"I am _."



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***COMPLETE THE
THOUGHT:***

"In order to give my best, I need to _."

This image shows a single sheet of white paper with horizontal ruling. There are four sets of lines visible, each consisting of two parallel blue lines with a red line centered between them. The paper has a slightly textured appearance and a small tear on the right edge.

A collage background featuring a torn paper effect. On the left, a yellow measuring tape is visible. The central area is a light beige paper with horizontal blue and red lines. On the right, there's a black and white landscape photo of a field and hills, and a piece of yellow graph paper at the bottom right corner.

A collage background featuring a torn paper effect. On the left, a yellow measuring tape is visible. The central area is a light beige rectangle with horizontal blue and red lines, resembling a notepad. On the right, a black and white photograph of a landscape with hills and a cloudy sky is visible. A small portion of a grid pattern is seen at the bottom right corner.

DOODLE:

**DRAW WHAT COMES TO MIND
WITH THE WORD: "HAPPY."**



LETTER WRITING:

Write a note of encouragement and support as you would to a loved one but do not address it to anyone.

A sheet of lined paper with blue horizontal lines and red vertical margin lines, placed on a light brown background with torn paper edges. The paper is oriented vertically and occupies the lower two-thirds of the image. The background has a textured, torn-paper appearance with some faint, illegible text visible on the left side.

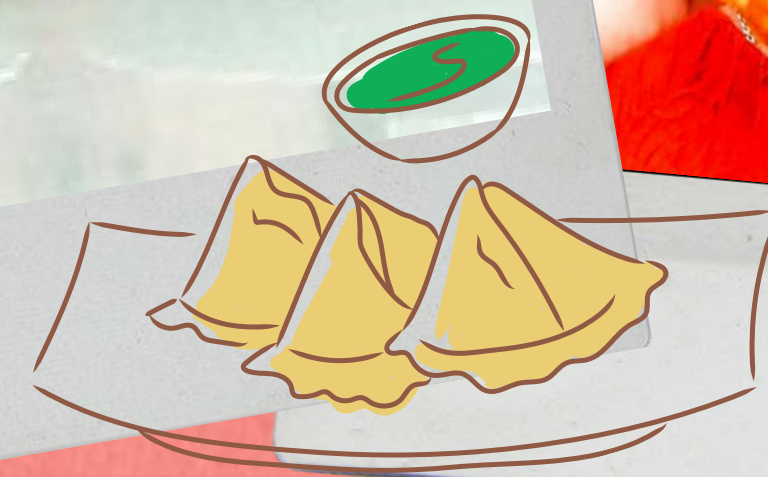
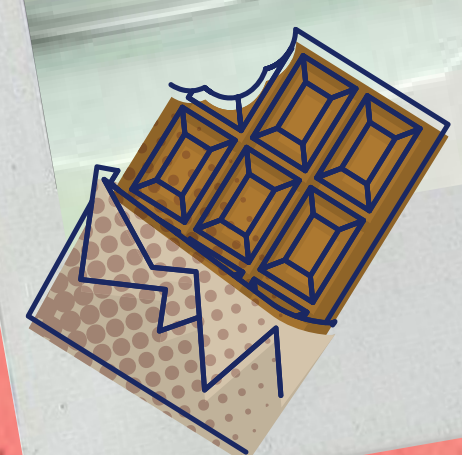
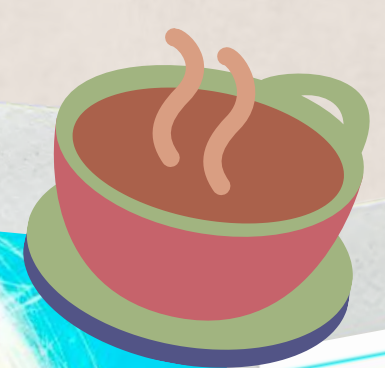


Write down 3 words that come to mind
after some self-massage:
compressions.

(Increase your relaxation & circulation!)

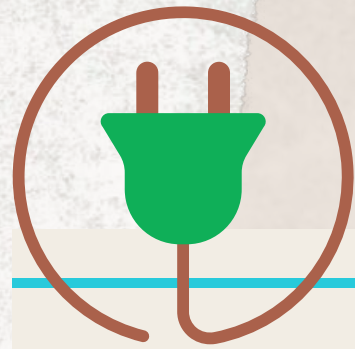


Write down what you are craving to eat/drink. If you are not craving anything, write: "I am satisfied."



COMPLETE THE THOUGHT:

"I need and want energy to ____."

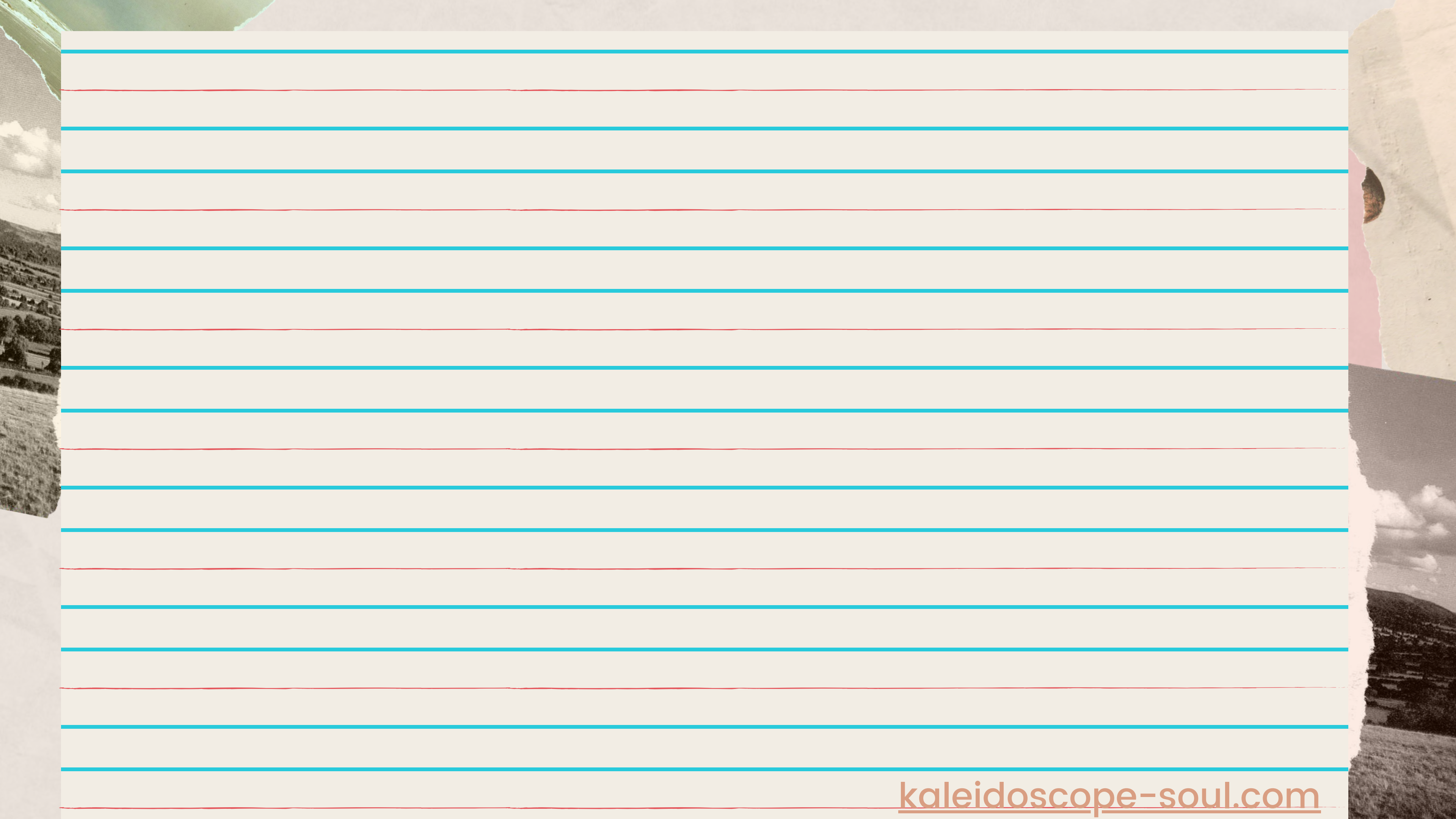


List Time:

2 positive traits about yourself & 2 challenges you've overcome/problems you've solved.









A large area of lined paper with alternating blue and red horizontal lines on a cream-colored background, intended for writing.

