

O MNĚ

ZAČÁTEK DNE:

CÍL DNE:

VÁHA ZAČÁTEK:

CÍLOVÁ VÁHA:

MÁ MOTIVACE - PROČ CHCI ZMĚNU

1. DŮVOD

2. DŮVOD

3. DŮVOD

MÉ NÁVYKY

DOBŘE NÁVYKY, VE KTERÝCH CHCI
POKRAČOVAT

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☐

ŠPATNÉ NÁVYKY, SE KTERÝMI CHCI
SKONČIT

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MŮJ PLÁN AKTIVIT

☐

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JAK SE ODMĚNÍM, AŽ DOSÁHNU CÍLE?

VÁHA NA ZAČÁTKU OZDRAVNÉ KÚRY

MĚSÍC 1. _____

DATUM: _____ VÁHA: _____

TUK: _____ SVALY: _____

VODA: _____

ZDRAVOTNÍ KOMPLIKACE:

- ☐ NADVÁHA
- ☐ TRÁVICÍ OBTÍŽE
- ☐ ŠPATNÉ VYLUČOVÁNÍ
- ☐ VYSOKÝ TLAK
- ☐ VYSOKÝ CHOLESTEROL
- ☐ VYSOKÝ KREVNÍ CUKR / PREDIABETES / DIABETES
- ☐ BOLESTI KLOUBŮ
- ☐ ŘÍDNUTÍ KOSTÍ
- ☐ PMS / BOLESTIVÁ MENSTRUACE
- ☐ BOLESTI HLAVY / MIGRÉNY
- ☐ ÚZKOSTI / DEPRESE / ŠPATNÉ NÁLADY
- ☐ _____
- ☐ _____
- ☐ _____

MÍSTO NA FOTKU

JAK SE OBVYKLE CÍTÍM RÁNO PO PROBUZENÍ



JAK SE OBVYKLE CÍTÍM BĚHEM DNE



JAK SE OBVYKLE CÍTÍM VEČER



MÉ POZNÁMKY, MYŠLENKY PŘED ZAČÁTKEM

VÁHA PO 1. MĚSÍCI OZDRAVNÉ KŮRY

MĚSÍC 2. _____

DATUM: _____ VÁHA: _____

TUK: _____ SVALY: _____

VODA: _____

ZDRAVOTNÍ KOMPLIKACE:

- ☐ NADVÁHA
- ☐ TRÁVICÍ OBTÍŽE
- ☐ ŠPATNÉ VYLUČOVÁNÍ
- ☐ VYSOKÝ TLAK
- ☐ VYSOKÝ CHOLESTEROL
- ☐ VYSOKÝ KREVŇÍ CUKR / PREDIABETES / DIABETES
- ☐ BOLESTI KLOUBŮ
- ☐ ŘÍDNUTÍ KOSTÍ
- ☐ PMS / BOLESTIVÁ MENSTRUACE
- ☐ BOLESTI HLAVY / MIGRÉNY
- ☐ ÚZKOSTI / DEPRESE / ŠPATNÉ NÁLADY
- ☐ _____
- ☐ _____
- ☐ _____

MÍSTO NA FOTKU

JAK SE OBVYKLE CÍTÍM RÁNO PO PROBUZENÍ



JAK SE OBVYKLE CÍTÍM BĚHEM DNE



JAK SE OBVYKLE CÍTÍM VEČER



MÉ POZNÁMKY, MYŠLENKY PO PRVNÍM MĚSÍCI

VÁHA PO 2. MĚSÍCI OZDRAVNÉ KŮRY

MĚSÍC 3. _____

DATUM: _____ VÁHA: _____

TUK: _____ SVALY: _____

VODA: _____

ZDRAVOTNÍ KOMPLIKACE:

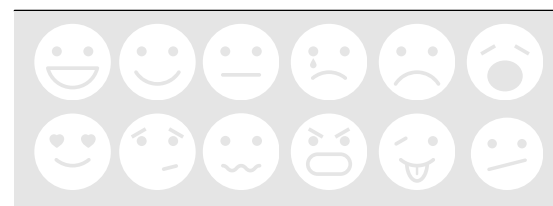
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- ☐ TRÁVICÍ OBTÍŽE
- ☐ ŠPATNÉ VYLUČOVÁNÍ
- ☐ VYSOKÝ TLAK
- ☐ VYSOKÝ CHOLESTEROL
- ☐ VYSOKÝ KREVŇÍ CUKR / PREDIABETES / DIABETES
- ☐ BOLESTI KLOUBŮ
- ☐ ŘÍDNUTÍ KOSTÍ
- ☐ PMS / BOLESTIVÁ MENSTRUACE
- ☐ BOLESTI HLAVY / MIGRÉNY
- ☐ ÚZKOSTI / DEPRESE / ŠPATNÉ NÁLADY
- ☐ _____
- ☐ _____
- ☐ _____

MÍSTO NA FOTKU

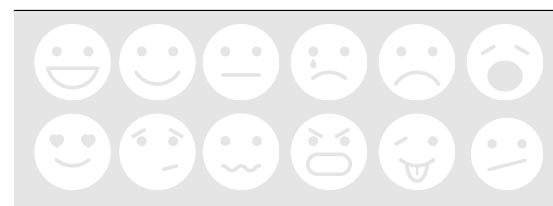
JAK SE OBVYKLE CÍTÍM RÁNO PO PROBUZENÍ



JAK SE OBVYKLE CÍTÍM BĚHEM DNE



JAK SE OBVYKLE CÍTÍM VEČER



MÉ POZNÁMKY, MYŠLENKY PO DRUHÉM MĚSÍCI

VÁHA PO ___ MĚSÍCI OZDRAVNÉ KÚRY

MĚSÍC __. _____

DATUM: _____ VÁHA: _____

TUK: _____ SVALY: _____

VODA: _____

ZDRAVOTNÍ KOMPLIKACE:

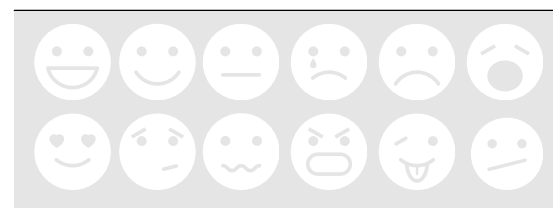
- ☐ NADVÁHA
- ☐ TRÁVICÍ OBTÍŽE
- ☐ ŠPATNÉ VYLUČOVÁNÍ
- ☐ VYSOKÝ TLAK
- ☐ VYSOKÝ CHOLESTEROL
- ☐ VYSOKÝ KREVŇÍ CUKR / PREDIABETES / DIABETES
- ☐ BOLESTI KLOUBŮ
- ☐ ŘÍDNUTÍ KOSTÍ
- ☐ PMS / BOLESTIVÁ MENSTRUACE
- ☐ BOLESTI HLAVY / MIGRÉNY
- ☐ ÚZKOSTI / DEPRESE / ŠPATNÉ NÁLADY
- ☐ _____
- ☐ _____
- ☐ _____

MÍSTO NA FOTKU

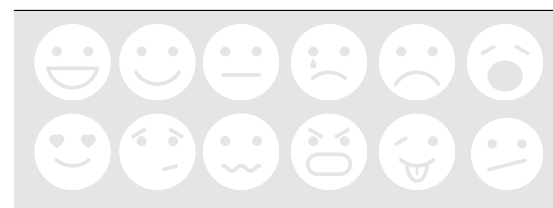
JAK SE OBVYKLE CÍTÍM RÁNO PO PROBUZENÍ



JAK SE OBVYKLE CÍTÍM BĚHEM DNE



JAK SE OBVYKLE CÍTÍM VEČER



MÉ POZNÁMKY, MYŠLENKY PO _____ MĚSÍCI

MĚŘENÍ POSTAVY ŽENA

PŘED

DATUM

VÁHA

TUK

SVALY

VODA

KRK

PAŽE

PRSA

PAS

BOKY

STEHNO

LÝTKO

PO

DATUM

VÁHA

TUK

SVALY

VODA

KRK

PAŽE

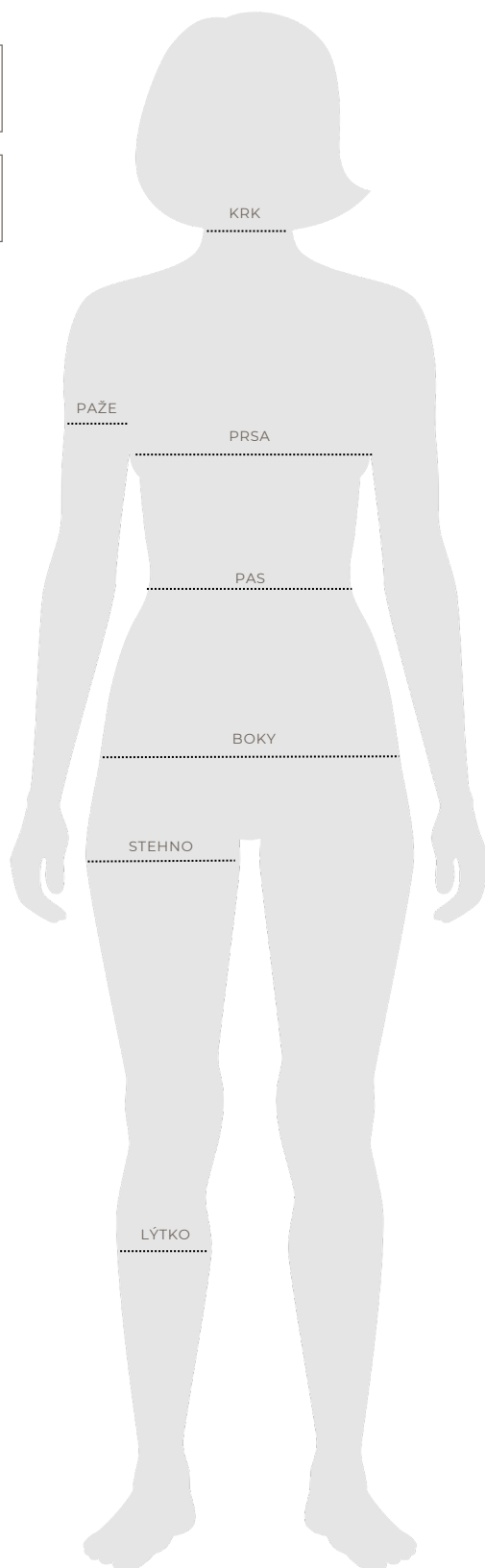
PRSA

PAS

BOKY

STEHNO

LÝTKO



MĚŘENÍ POSTAVY MUŽ

PŘED

DATUM

VÁHA

TUK

SVALY

VODA

KRK

PAŽE

PRSA

PAS

BOKY

STEHNO

LÝTKO

PO

DATUM

VÁHA

TUK

SVALY

VODA

KRK

PAŽE

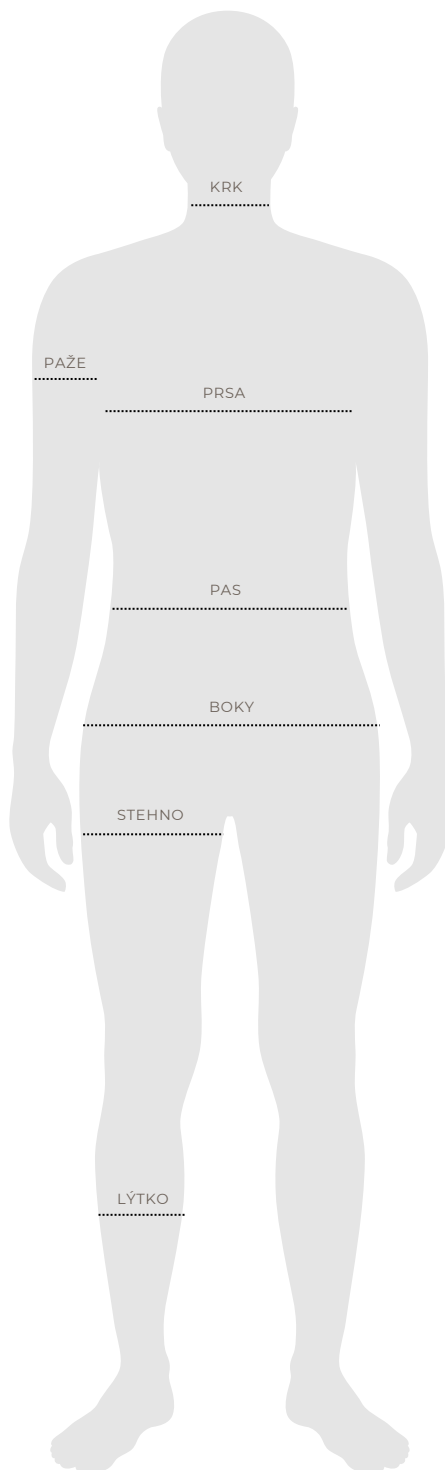
PRSA

PAS

BOKY

STEHNO

LÝTKO



MĚSÍČNÍ MĚŘENÍ

MĚSÍC 1		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍC 2		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍC 3		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍC 4		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍC 5		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍC 6		DATUM	
VÁHA		PAŽE	
BMI		PRSA	
TUK		PAS	
SVALY		BOKY	
VODA		STEHNO	
KRK		LÝTKO	

MĚSÍČNÍ VÁŽENÍ

MĚSÍC 1

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 2

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 3

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 4

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 5

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 6

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 7

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 8

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 9

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 10

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 11

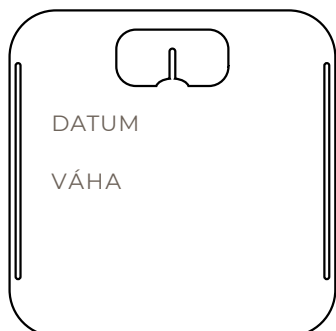
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

MĚSÍC 12

A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

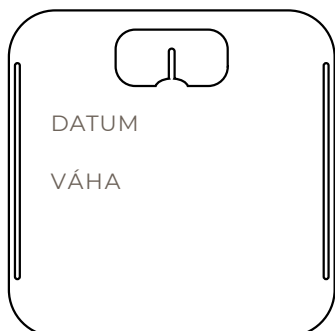
TÝDENNÍ VÁŽENÍ

TÝDEN 1



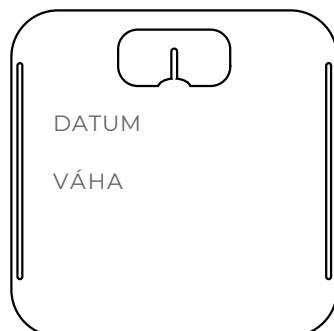
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 2



A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 3



A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 4



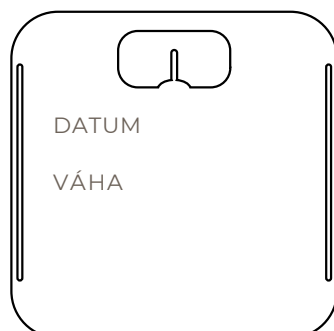
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 5



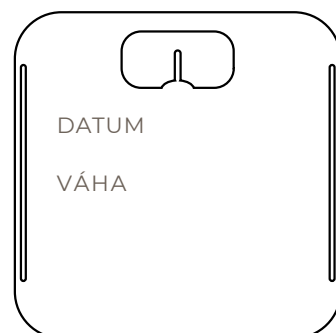
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 6



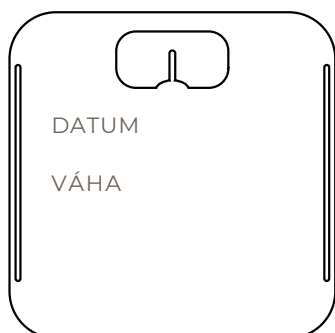
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 7



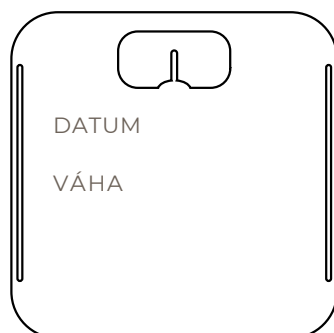
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 8



A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 9



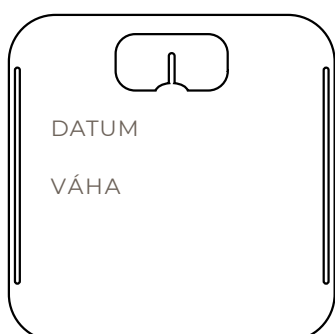
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 10



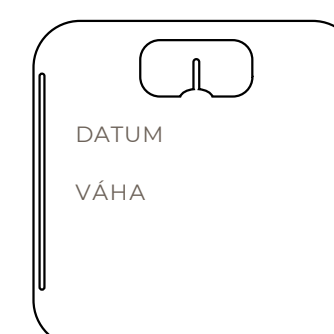
A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 11



A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

TÝDEN 12



A rectangular card with rounded corners and a purple border. At the top center is a purple icon of a scale. Below the icon, the word "DATUM" is printed in purple, followed by "VÁHA" in purple. The card has two vertical purple lines on each side.

ÚBYTEK VÁHY

[illegible][illegible]

VÝVOJ VÁHY

A blank coordinate grid with x and y axes ranging from 1 to 34. The grid is 34 units wide and 34 units high, with a horizontal line at y=17 and a vertical line at x=17. The x-axis is labeled with numbers 1 through 34, and the y-axis is labeled with numbers 1 through 34. The grid is composed of small squares, with the horizontal line at y=17 and the vertical line at x=17 dividing the grid into four quadrants.

ČAS V TÝDNECH

ZTRÁTA 10 KILOGRAMŮ

DEN ZAČÁTKU:

SOUČASNÁ VÁHA:

MŮJ CÍL:

1

2

3

4

5

6

7

8

9

10

JAK SE ODMĚNÍM, AŽ DOSÁHNU CÍLE?

PŘERUŠOVANÝ PŮST

MĚSÍC

[illegible]