

## **Alexander Simone's Fit Friends Club Pact**

I, Alexander Simone, will commit the next 16 weeks to build a stronger body and mind. From January 11, 2021, until May 3, 2021, I will plan, weigh, and track every ingredient I eat, abstain from processed foods, commit to an intermittent fasting schedule, and time my carbohydrate glycemic intake with my workouts with no more than one cheat meal per week. I will drink at least one gallon of water every day. I will push myself with strength training five days a week and with cardio four days a week. In addition to my fitness goals, I will also commit to teeth whitening two days a week and read 10 pages four days a week. These goals may be difficult, but with the support of Fit Friends Club, I will succeed!

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Alexander Simone

Alexander's Body & Mind Goals						
Cardio	Strength Training	Gallon of Water	Diet	Teeth Whitening	Read 10 Pages	

Week 1	Mon, Jan 11	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Jan 12	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Jan 13	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Jan 14	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Jan 15	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Jan 16	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Jan 17	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	%	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 2	Mon, Jan 18	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Jan 19	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Jan 20	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Jan 21	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Jan 22	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Jan 23	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Jan 24	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	%	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 3	Mon, Jan 25	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Jan 26	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Jan 27	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Jan 28	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Jan 29	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Jan 30	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Jan 31	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	%	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 4	Mon, Feb 1	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Feb 2	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Feb 3	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Feb 4	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Feb 5	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Feb 6	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Feb 7	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	%	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

# Alexander's Body & Mind Goals

Cardio	Strength Training	Gallon of Water	Diet	Teeth Whitening	Read 10 Pages	
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<b>Week 5</b>	Mon, Feb 8	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Feb 9	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Feb 10	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Feb 11	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Feb 12	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Feb 13	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Feb 14	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 6</b>	Mon, Feb 15	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Feb 16	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Feb 17	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Feb 18	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Feb 19	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Feb 20	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Feb 21	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 7</b>	Mon, Feb 22	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Feb 23	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Feb 24	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Feb 25	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Feb 26	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Feb 27	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Feb 28	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 8</b>	Mon, Mar 1	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Mar 2	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Mar 3	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Mar 4	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Mar 5	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Mar 6	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Mar 7	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

# Alexander's Body & Mind Goals

Cardio	Strength Training	Gallon of Water	Diet	Teeth Whitening	Read 10 Pages	
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Week 9	Mon, Mar 8	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Mar 9	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Mar 10	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Mar 11	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Mar 12	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Mar 13	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Mar 14	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 10	Mon, Mar 15	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Mar 16	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Mar 17	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Mar 18	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Mar 19	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Mar 20	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Mar 21	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 11	Mon, Mar 22	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Mar 23	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Mar 24	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Mar 25	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Mar 26	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Mar 27	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Mar 28	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

Week 12	Mon, Mar 29	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Mar 30	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Mar 31	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Apr 1	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Apr 2	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Apr 3	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Apr 4	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>%</b>		oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

## Alexander's Body & Mind Goals

	Cardio	Strength Training	Gallon of Water	Diet	Teeth Whitening	Read 10 Pages	
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<b>Week 13</b>	Mon, Apr 5	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Apr 6	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Apr 7	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Apr 8	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Apr 9	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Apr 10	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Apr 11	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>%</b>	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 14</b>	Mon, Apr 12	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Apr 13	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Apr 14	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Apr 15	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Apr 16	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Apr 17	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Apr 18	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>%</b>	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 15</b>	Mon, Apr 19	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Apr 20	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Apr 21	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Apr 22	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Apr 23	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, Apr 24	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, Apr 25	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>%</b>	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	

<b>Week 16</b>	Mon, Apr 26	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tue, Apr 27	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wed, Apr 28	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Thu, Apr 29	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fri, Apr 30	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sat, May 1	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sun, May 2	<input type="checkbox"/>		o o o o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>%</b>	oo oo	oo ooo	ooo oooo	ooo oooo	oo	oo oo	