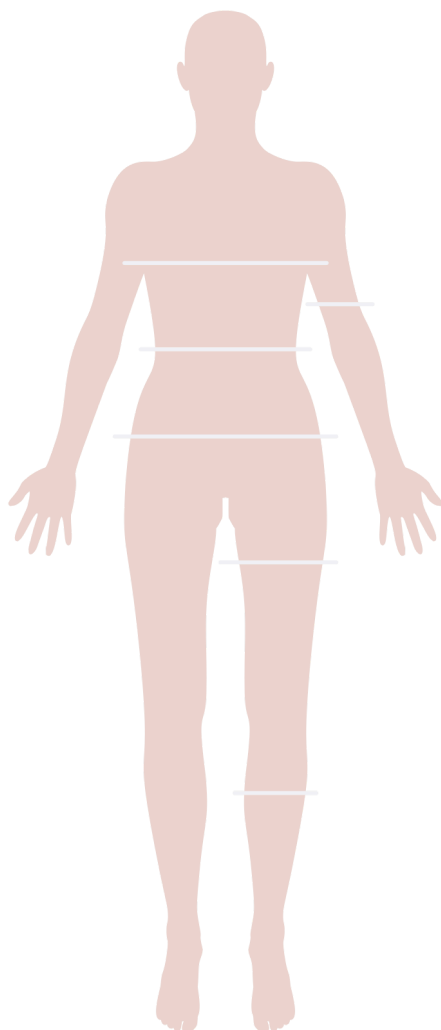




# Rastreador de mediciones

PECHO
Semana 1 :
Semana 2 :
Semana 3 :
Semana 4 :
Meta:

BRAZO
Semana 1 :
Semana 2 :
Semana 3 :
Semana 4 :
Meta:



CINTURA
Semana 1 :
Semana 2 :
Semana 3 :
Semana 4 :
Meta:

CADERA
Semana 1 :
Semana 2 :
Semana 3 :
Semana 4 :
Meta:

HERMÉTICO	
Semana 1:	Semana
Semana	3:
2:	Semana
	4:
Meta:	

BECERRO	
Semana 1:	Semana
Semana	3:
2:	Semana
	4:
Meta:	



# Registro de entrenamiento

Tiempo total de entrenamiento:

EJERCICIO	Conjunto 1		Conjunto 2	
	Peso		Peso	

NOTAS



# Mi registro de entrenamiento

DÍA	ACTIVIDADES	TIEMPO	REPRES TANTES
DÍA:1			
DÍA: 2			
DÍA:3			
DÍA:4			
DÍA:5			
DÍA:6			



# Rastreador de calorías

Nosotros:

Semana de:

	Desayuno	Almuerzo	Cena	bocadillo





# Mi viaje dietético

Fecha de inicio:

Fecha de finalización:

Lista de  
motivaciones:

Desayuno

Almuerzo

Cena

bocadillo

Suplementos

Ingesta de agua



Progreso de la dieta





















# Relaja tu mente

En esta sección...



Desafío de laberinto para TDAH x3

Mandala para TDAH x4

Sé amable con tu mente.

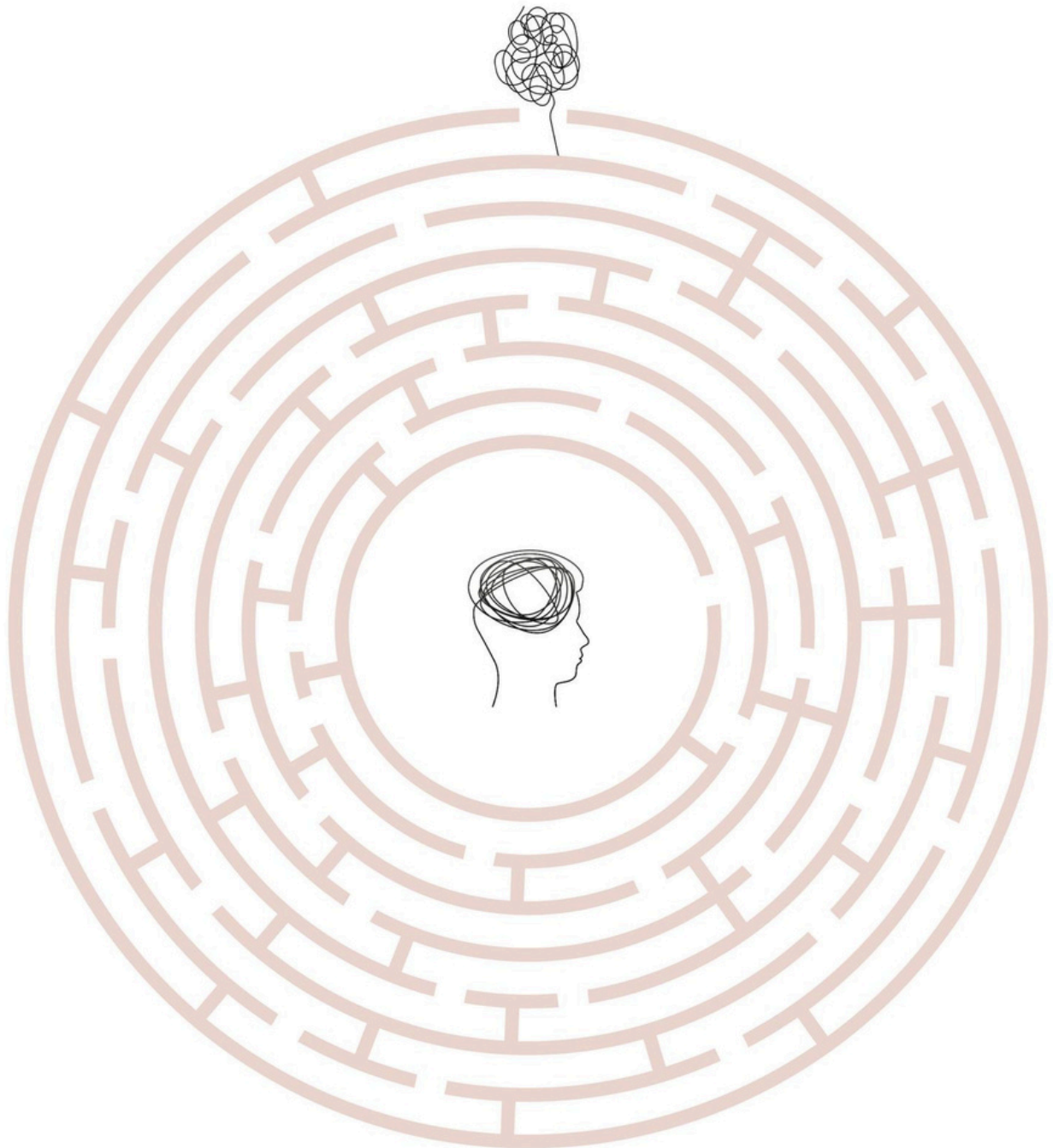
Estoy tranquilo

Afirmaciones diarias para el

TDAH

# ADHD Maze Challenge

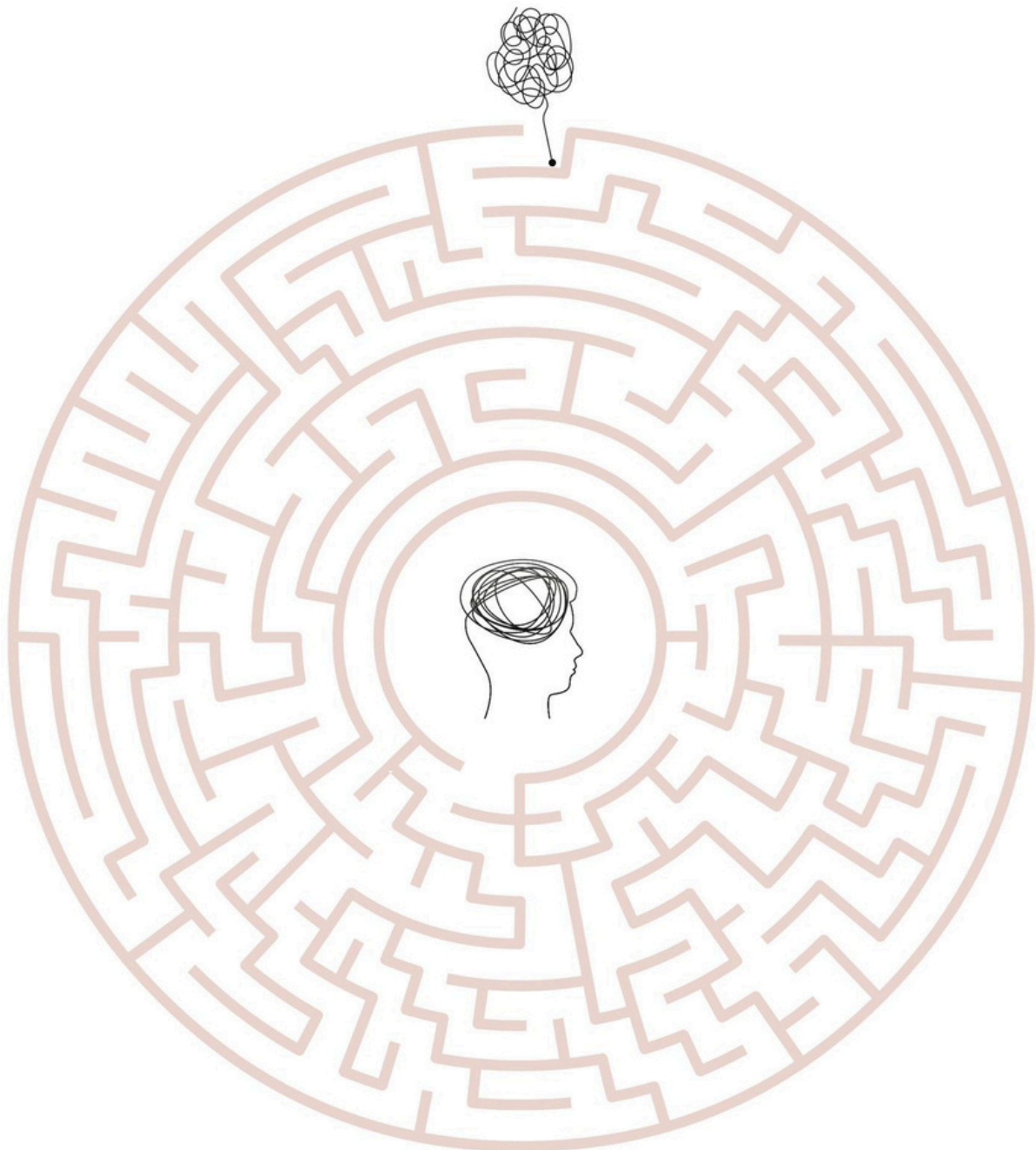
**Are you ready to help your tangled and overwhelmed brain find clarity and focus? As you navigate through this maze, imagine the sense of calm and relief that comes from overcoming obstacles and finding your way to the end.  
Let's get started!"**



You have 5 minutes to find the correct path

# ADHD Maze Challenge

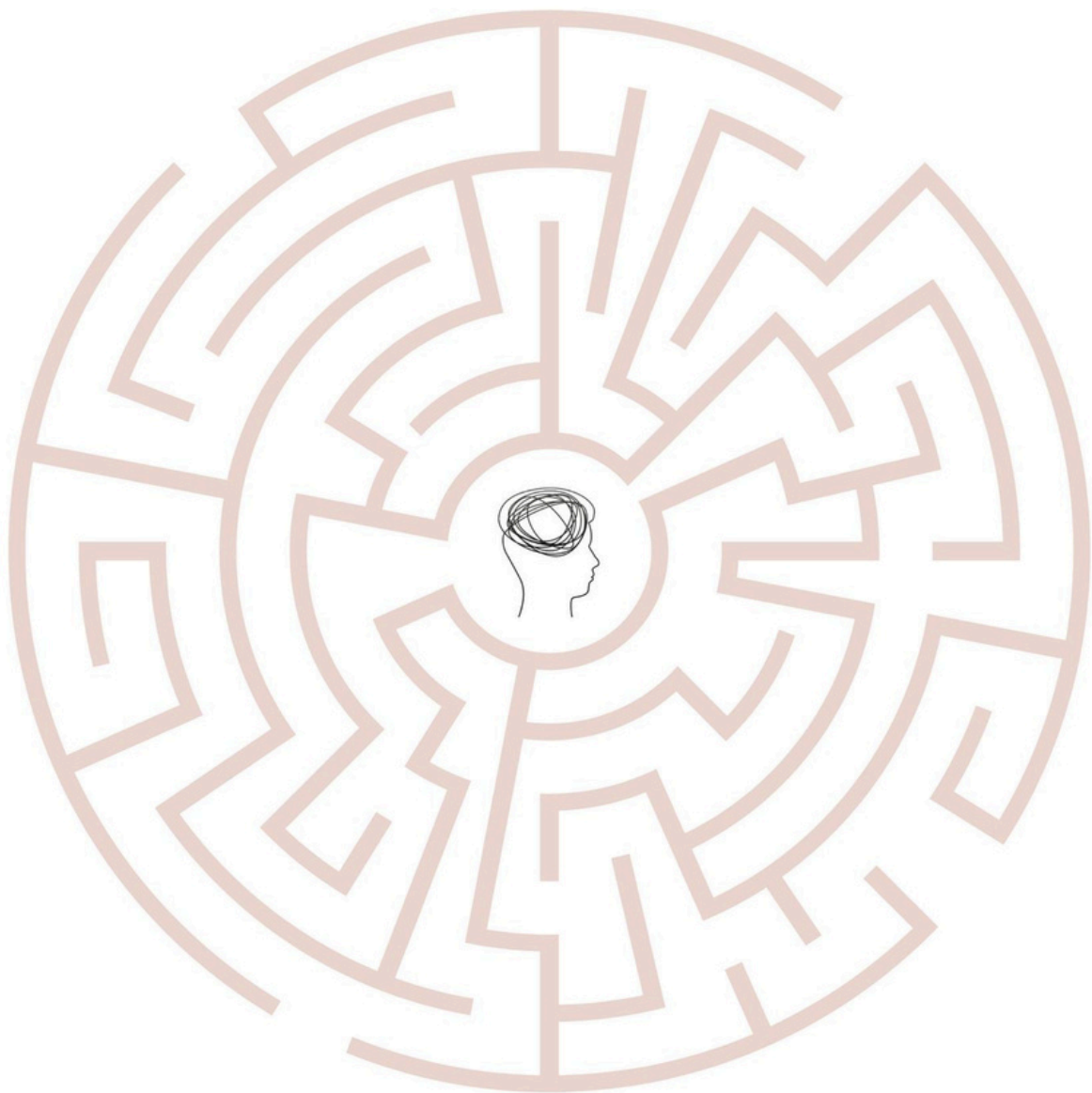
**Are you ready to help your tangled and overwhelmed brain find clarity and focus? As you navigate through this maze, imagine the sense of calm and relief that comes from overcoming obstacles and finding your way to the end.  
Let's get started!**



You have 5 minutes to find the correct path

# ADHD Maze Challenge

**Are you ready to help your tangled and overwhelmed brain find clarity and focus? As you navigate through this maze, imagine the sense of calm and relief that comes from overcoming obstacles and finding your way to the end.  
Let's get started!"**



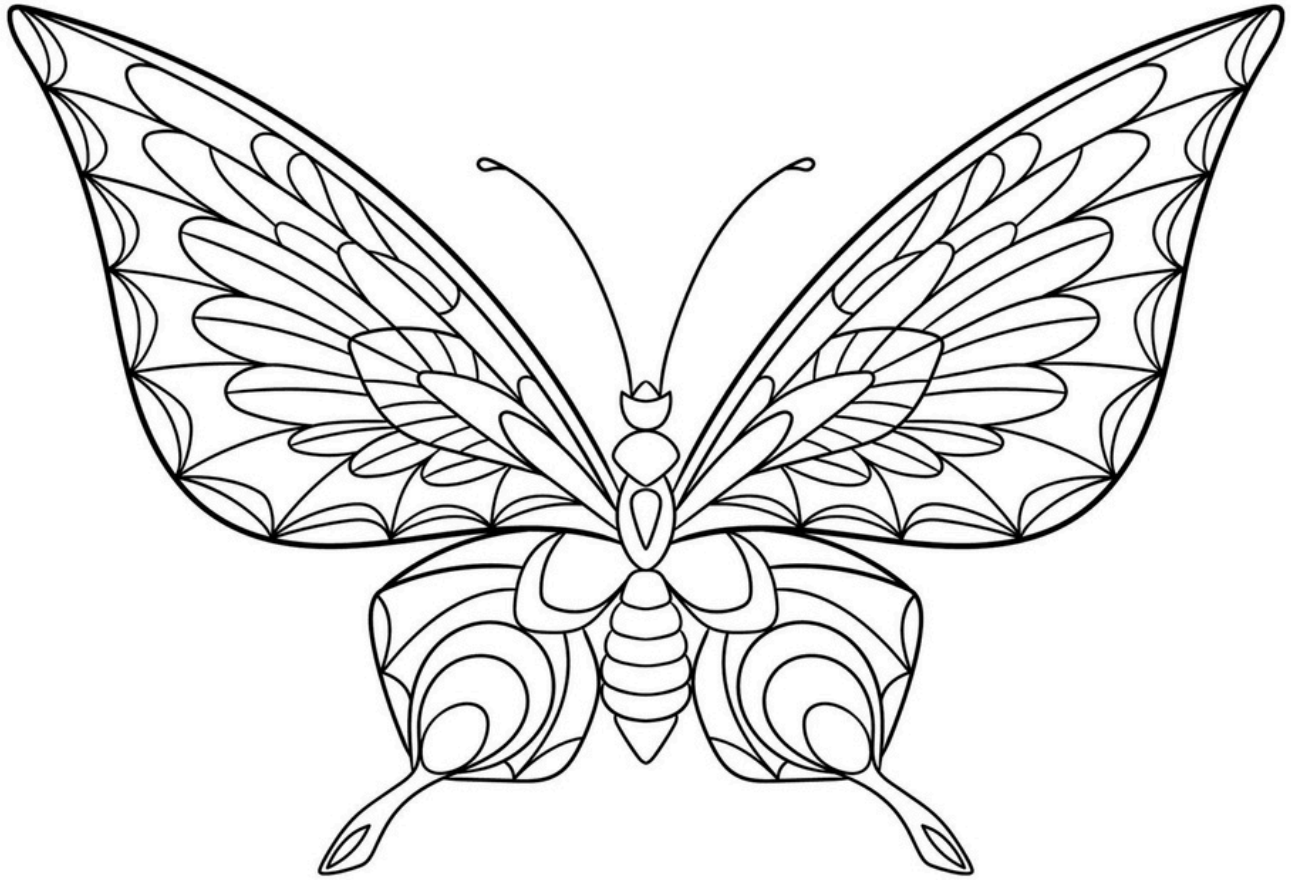
You have 5 minutes to find the correct path

# COLORING PAGE FOR STRESS RELIEF



"ADHD IS NOT A DEFICIT OF ATTENTION,  
BUT RATHER A MISDIRECTION OF  
ATTENTION." – DR. NED HALLOWELL

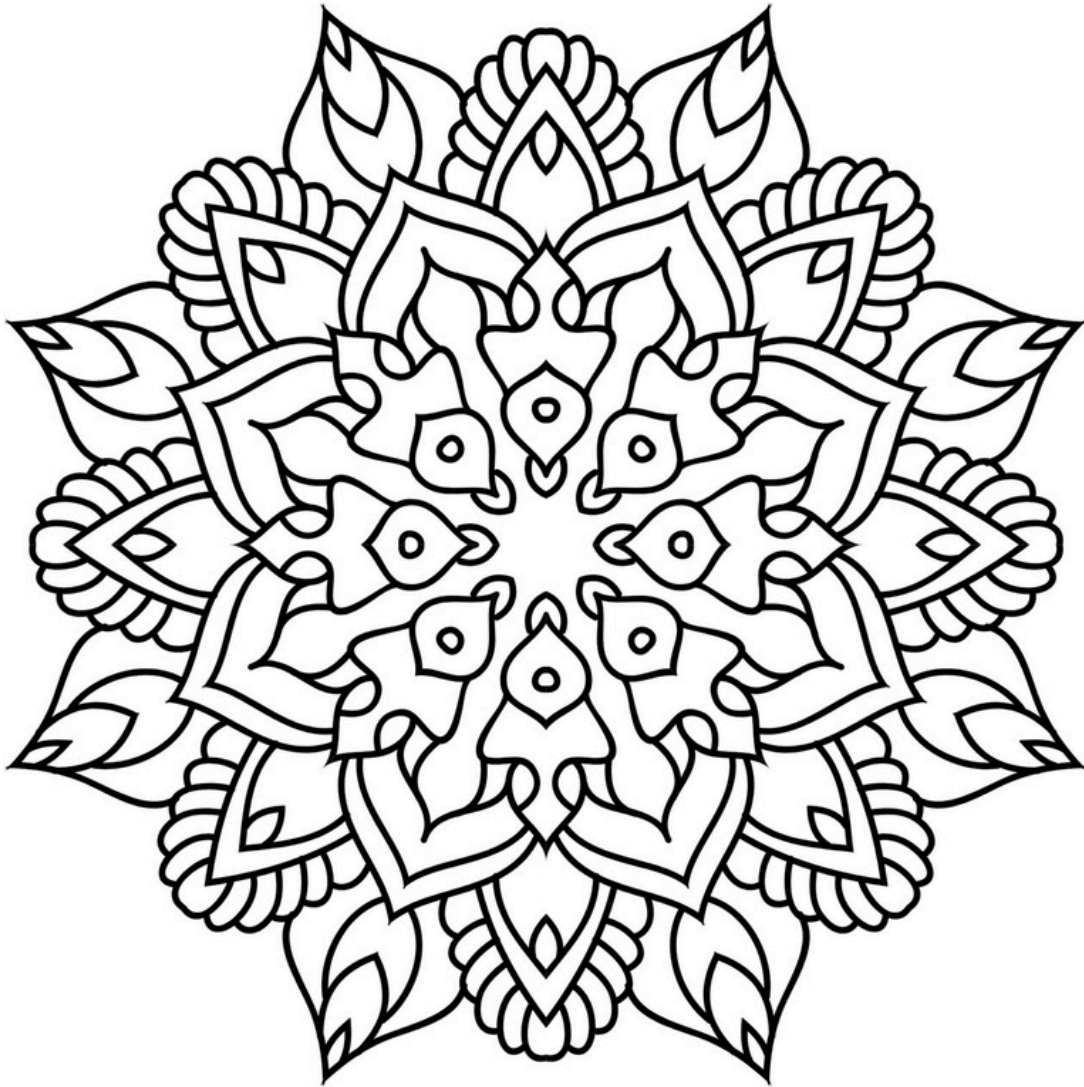
# COLORING PAGE FOR STRESS RELIEF



"ADHD IS NOT ABOUT BEING LAZY. IT'S  
ABOUT STRUGGLING TO ACTIVATE YOUR  
BRAIN'S MOTIVATION AND REWARD SYSTEM."

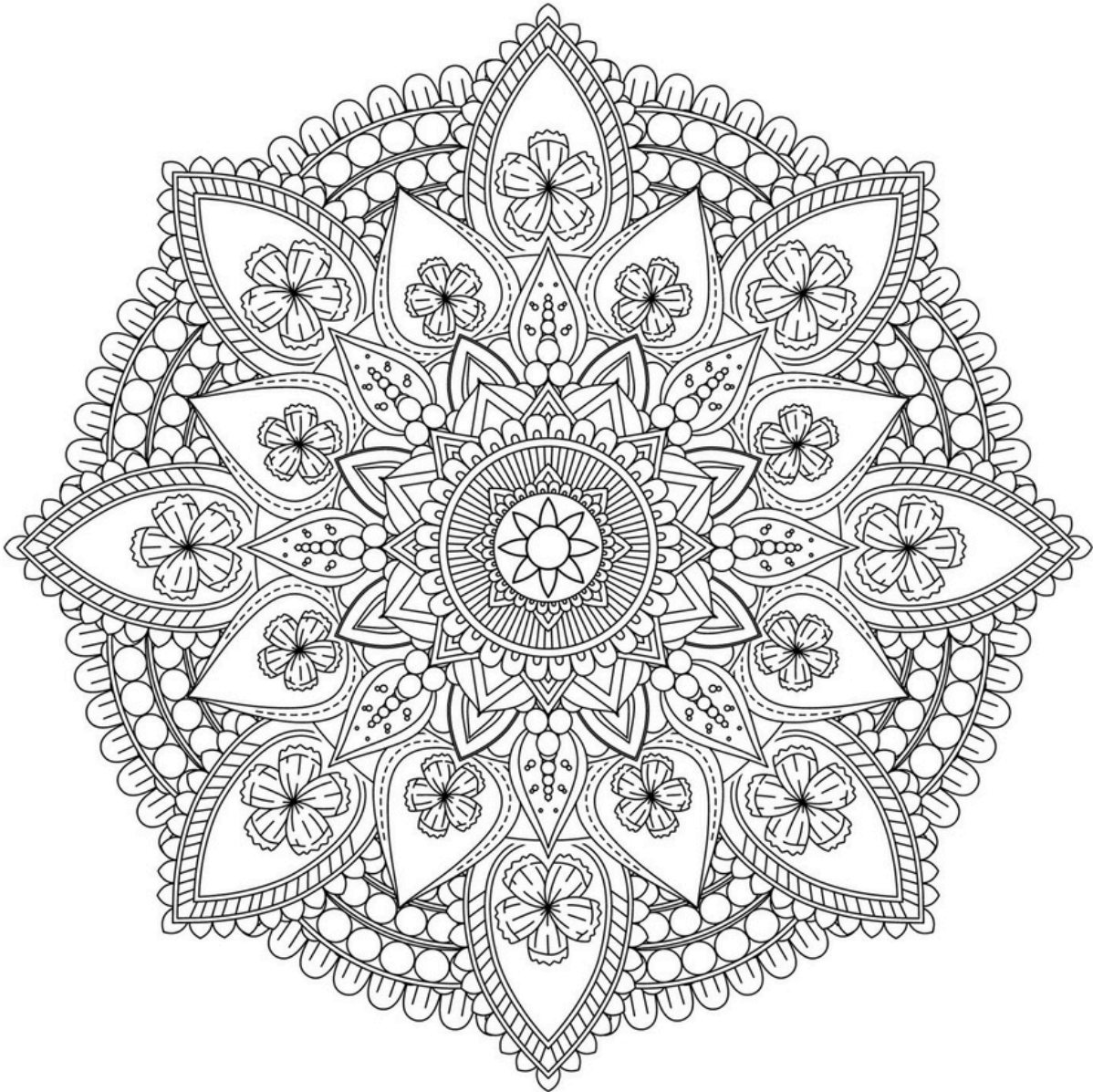
– DR. WILLIAM DODSON

# COLORING PAGE FOR STRESS RELIEF



"ADHD IS NOT A DISABILITY; IT'S A  
DIFFERENT ABILITY." – UNKNOWN

# COLORING PAGE FOR STRESS RELIEF



"MENTAL HEALTH IS NOT A DESTINATION BUT  
A PROCESS. IT'S ABOUT HOW YOU DRIVE, NOT  
WHERE YOU'RE GOING." – NOAM SHPANCER.

Be kind to your mind



I am Calm



ACTION

# BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP  
DOING

DO  
LESS OF

KEEP  
DOING

DO  
MORE OF

START  
DOING