PILATES 1901

tschool

YOU HAVE A BRAIN. Train it. YOU HAVE A BODY. Nourish it.
YOU HAVE A HEART. Share it.

THIS JOURNAL BELONGS TO:

NAME: _____

PHONE: _____

EMAIL: _____

MY COMMUNITY:

TEAM: _____

PARTNER: _____

EMAIL: _____

PHONE: _____

MY T SCHOOL PLEDGE:

I _____ commit to writing in this journal daily because I know it will help me become more clear, focused, and aligned with my fitness, health, and life goals.

I believe I am just as worthy, capable, and deserving of extraordinary health, prosperity, and happiness as any other person on Earth and from this day forward, I will make conscious choices to align my actions with my greatest goals and desires. If I miss a day, I promise to return the next day and recall the events and circumstances that I am grateful for and complete the journal entry to continue. Life is not a straight line and sometimes we don't understand the detours. But we go on and we breathe.

I understand that by healing myself and becoming the best person that I can, I am also giving a gift to my family, friends, and community. It is not only my birthright to be vibrant and healthy, but also my duty and responsibility as a human being who shares the world with others. My optimal health allows me to give more, love more, and celebrate more. Health is my foundation and my creation.

Date _____ Name _____

Congratulations, on taking a stand to care for yourself!

This journal was designed to help you each step of the way as you learn powerful tools to improve every aspect of your life including the way you eat, sleep, move, and think.

As Henry Ford said, "Whether you think you can or think you can't, you're right either way." Research shows that people who keep a journal are twice as successful at achieving their goals as those who do not! Practiced intention, action, and accountability are the foundation for lasting change. Let this journal serve as a framework for crafting your personal practice for vibrant, electrifying health and well-being.

THE POWER OF THREE

Those well versed in geometry know that a triangle with three sides is the most stable shape. This is why bridges and buildings that must carry a lot of weight have structural elements based on triangles. This journal will also rely on the power of three to help you simplify your goals and pathway to them. You will learn to use the power of your mind, your body, and your heart to transform the way you see yourself, your world and your place in it. Congrats, you are on your way!

#1. NUTRITION

Nutrition is the foundation of your physical and emotional health. If your diet is not sound, noth ing built upon it will be either. Learning to eat clean is not only imperative for you to lose fat, feel great, and improve your health, it's imperative for your joy, happiness, and productivity.

Bottom line: If you eat crap, you will feel like (and quite possibly look like) crap.

#2. FITNESS

Exercise is the second component of vibrant health and well-being. Our bodies were designed to move and to work - it is not optional, it is essential. Our bodies not only love exercise, they require it.

Bottom line: Exercise and eating clean is the best anti-aging remedy there is.

#3. PREPARATION AND PRACTICE

If losing weight and keeping it off was easy, there'd be no need for this journal. The fact is, we all know WHAT to do, and even if we learn HOW to do it, it can still be very challenging to KEEP doing it! This journal will help you stay mindfully committed!

Bottom line: Habits not only define our health, they define our lives. Daily attention to our choices is crucial to our ability create & sustain the healthy lives we dream of.

MAXIMIZING YOUR SUCCESS

PLANNING FOR SUCCESS

T School Program Goals
What are your top three goals for T School?

Weekly Goals
List 3 weekly action steps to support your goals

Daily Goals
Prioritize with one daily goal - Simplify and fly

KEEPING IT REAL

Food Journal
Think, plan, enjoy, write.

Exercise Log
Schedule it, do it, log it

Progress Diary
Track your progress and celebrate your successes

GOAL TENDING

Week in Review
Assessing your weekly goals and actions

Accountability
Assessment and accountability updates

Practice Makes Perfect
Making mindfulness a daily habit/ritual

"Clarity is the most important thing. I can compare clarity to pruning in gardening. You know, you need to be clear. If you are not clear, nothing is going to happen. You have to be clear. Then you have to be confident about your vision. And after that, you just have to put a lot of work in".

– Diane Von Furstenberg –

GET CLEAR

All change begins with a vision of what you want. To help get clear about your own goals and health aspirations, complete our Clarity Quiz to the right.

It's impossible to know where you're going if you don't know where you're beginning. This also helps you become clear about what you need from this program and how we can support you. This is step one, DO IT NOW.

CLARITY QUIZ

I signed up and for and feel ready to make the commitment to T School now because...

My top three goals during this program are:

1.

2.

3.

What are your three greatest challenges in staying consistent with your goals and daily health practice?

1.

2.

3.

"Coming together is a beginning; keeping together is progress; working together is success."

– Henry Ford –

GET CONNECTED

The strength of community runs deep. In Huichol shamanism, community is one of the three core aspects of healing. It's like the bridge between our self and the world.

Harness the resources T School offers and watch your world change.

DO THIS:

- **Participate with your assigned Team Coaches and teammates**
- **Join our private FB community www.facebook.com/tschool**
- **Go to www.pilates1901.com/resources for extra support and guidance**

"Accountability sets the wishers in life apart from the action takers that care enough about their future to account for their daily actions."

– John Di Lemme –

GET REAL

Let's face it: a goal without a plan is just a wish. **Good health isn't built on wishes, it's built on a plan. A plan requires action, accountability, and practice.**

Get real and keep it real by taking the following steps:

- **Sign up NOW for our Fitness Assessment App: www.pilates1901fitapp.com**
- **Book your workshops, monthly assessments, & workouts on your personal calendar NOW. If it's not on your calendar, it's not real.**
- **Enlist help. Get an accountability partner. (If you need help, ask your Team Coaches) EVERYONE HAS AN ACCOUNTABILITY PARTNER. PERIOD.**

“The food you eat can
either be the
safest and most powerful form
of medicine,
or the slowest kind of poison.”

– Dr. Ann Wigmore –

GET CLEAN – FOOD FOR YOUR BODY AND BRAIN

This trimester, you will learn how to eat for increased energy, better sleep, and better body composition. To do that, you need to understand the importance of macro-nutrients and the many roles they play in our bodies.

PROTEINS (4 kcal per gram) To build and repair body tissues and structures.

Benefits:

- **Growth and maintenance of muscle mass**
- **Making essential enzymes and hormones**
- **Tissue repair and immune function**

FATS (9 kcal per gram) To fuel the body's metabolic needs.

Benefits:

- **Provides insulation for body temperature and cushioning to protect body organs**
- **Promotes and maintains cell membranes and protects nerve sheaths.**
- **Plays a vital role in the digestion of vitamins. Specifically, A, D, E, and K.**

CARBOHYDRATES (4 Kcal per gram) To fuel the body's metabolic needs.

Benefits:

- **Carbohydrates are broken down into glucose, which is the preferred source of energy for our brain, heart, and central nervous system**
- **Carbohydrates contain fiber which is essential for intestinal health.**
- **"Clean" carbohydrates provide dense nutrition and energy. Processed carbohydrates and sugars do not. They damage us.**

TAKE ACTION

READ
CLEAN 21 Materials
The Miracle Morning by Hal Elrod

WATCH
The Grocery Store Tour with Evolve Paleo Chef Caleb Summers
Tina on TV : Do you know how much sugar you're eating?

LISTEN
Podcast Series with Dr Alicia Johnson

PRACTICE
Register for our private facebook group:
www.facebook/groups/tschoolonline

Create your Pilates1901 Fit App profile:
www.pilates1901fitapp.com

Reserve your Assessments and Workouts
https://clients.mindbodyonline.com/classic/admhome?studioid=2506

CLARITY QUIZ #1

What foods trigger you most?

What time of day is the hardest for you to make good choices? Why?

Knowing what foods and situations trigger me, I will do the following to create a plan:

FITNESS CHALLENGE

GET MOVING – EXERCISE YOUR RIGHT TO BE WHOLE & CONNECTED

This trimester, we highlight the physical and psychological benefits of regular exercise. Some have called it the magic anti-aging pill. Others have called it the cheapest anti-depressant and therapy you can find. One thing's for sure: our bodies were designed to move and move they must.

"It does not matter how slow you go; so long as you do not stop."

– Confucius –

MUSCULAR STRENGTH & ENDURANCE

Strength training promotes muscle mass growth and maintenance.

Benefits:

- **Strength training helps maintain an active metabolism & good body composition**
- **Strength training helps maintain bone health and density**
- **Strength training helps delay aging-related falls and dysfunction**

CARDIOVASCULAR FITNESS

Preserves cardio respiratory system.

Benefits:

- **Increased energy and endurance**
- **Increased metabolic effect if performed correctly**
- **Prevents cardiovascular and heart disease**

FLEXIBILITY

To preserve functional range of motion.

Benefits:

- **Maintains posture and body alignment**
- **Decreases risk of injury**
- **Helps maintain balance**

CLARITY QUIZ #2

What is your favorite type of exercise?

What usually interferes with your exercise plans?

Knowing this about yourself, what can you do to make time for exercise that you enjoy on a regular basis?

TAKE ACTION

READ
Eat, Move, Sleep by Tom Rath

WATCH
Do anywhere, Do anytime workout video series

LISTEN
Hit Podcast with Dr. Alicia Johnson

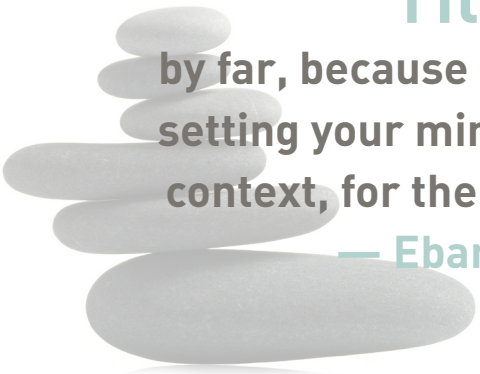
PRACTICE
Daily journal keeping
Facebook Live Stream Events
Attend workshops and T School events

GET READY AND PRACTICE

We all know what to do to achieve better health, better sleep, and a better attitude, and we may even do it for a time...until we fall off the wagon, and you know the rest of the story. The only way to LIVE your HEALTH is to PRACTICE HEALTH like it's your job. Because it is. Investing today in the quality of your life is more important than any other activity. We only get one life, people. Why waste it? Wake up!!!

"Your first ritual that you do during the day is the highest leveraged ritual, by far, because it has the effect of setting your mind, and setting the context, for the rest of your day."

— Eban Pagan –



PERSONAL CHALLENGE

CREATE A MORNING RITUAL (The "A.M. I AM")

Setting your intention for the day with a daily ritual creates an attitude of mindful awareness as a practice for success.

Benefits:

- **Increased feelings of gratitude and happiness**
- **Increased focus and commitment**
- **Increased confidence and energy**

WRITE IN THIS JOURNAL

To bring your awareness to your daily, weekly, and monthly choices.

Benefits:

- **Accountability**
- **Personal history: it will be fun to see how far you've come**
- **Process: writing is a form of daily ritual - what better story to tell than your own?**

LEAN IN - YOUR COMMUNITY IS POWERFUL

We are stronger together than alone in our goals.

Benefits:

- **Improved accountability in teams and partnerships**
- **Support for common goals and vision**
- **Keeping your focus on the fun**

TAKE ACTION

READ
Big Magic by Elizabeth Gilbert

WATCH
The Benefits of Meditation with Deepak Chopra

LISTEN
Meditation 101 Podcast with Suba Nadarajah

PRACTICE
Daily journal keeping
Facebook Live Stream Events
Am I Am Practice
Daily Rak

CLARITY QUIZ #3

What's kept you from being consistent in the past?

What can you do to avoid the same pitfalls?

Who can you turn to for support and encouragement throughout this program?

Let’s get
started!

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

At first they'll ask why you're doing it. Then they'll ask you how.

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
FRUITS (2-4)	
PROTEINS (3-4)	
DAIRY (2)	LEVELS 1 & 2 ONLY
FATS (2)	
STARCHY CARBS/ LEGUMES (2)	LEVEL 1 ONLY
SUGARS (0)	
WATER	
SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"I don't work out because I hate my body, I work out because I love it."

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- [ ] READING

Daily Inspiration:

"Don't eat less. Eat right."

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Whether you think you can or you think you can't, you're right either way."

– Henry Ford –

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- [ ] READING

Daily Inspiration:

"No matter how slow you think you are going...you're still lapping everyone on the couch."

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- [ ] READING

Daily Inspiration:

"Junk food satisfies for a moment. Being fit satisfies for a lifetime."

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Daily Inspiration:

"Your first ritual that you do during the day is the highest leveraged ritual, by far, because it has the effect of setting your mind, and setting the context, for the rest of your day."

– Eban Pagan –

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- [ ] READING

Daily Inspiration:

"You're not going to get the butt you want by sitting on it!"

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"The difference between a goal and a dream is a deadline."

– Steve Smith –

REWARD:

DATE: / / SU M T W TH F S

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- [ ] READING

Daily Inspiration:

"Do not reward yourself with food. You are not a dog."

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- [ ] READING

Daily Inspiration:

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

– Lou Holtz –

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Daily Inspiration:

"Wow, I really regret that workout."

– Said no one ever –

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Daily Inspiration:

"What you eat in private, you wear in public."

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Daily Inspiration:

"Discipline creates lifestyle."

– Peter Voogd –

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Daily Inspiration:

"Your muscles don't know what the date on your birth certificate is. They only know whether or not they have been exercised recently."

– Peter Hanson –

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- [ ] READING

Daily Inspiration:

"Eating poorly and doing crunches is like detailing your car and choosing to drive in the mud."

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

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I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"The only place success comes before work is in the dictionary."

– Vince Lombardi –

REWARD:

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- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"An extraordinary life is all about daily, continuous improvements in the areas that matter most."

– Robin Sharma –

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WATER	
SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Losing weight is hard.
Being fat is hard.
Pick your hard."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
FRUITS (2-4)	
PROTEINS (3-4)	
DAIRY (2)	LEVELS 1 & 2 ONLY
FATS (2)	
STARCHY CARBS/ LEGUMES (2)	LEVEL 1 ONLY
SUGARS (0)	
WATER	
SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Just because it's low in calories doesn't mean it's healthy. Just because it's high in calories, doesn't mean it's unhealthy."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
FRUITS (2-4)	
PROTEINS (3-4)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Whatever it is that you write, putting words on the page is a form of therapy that doesn't cost a dime."
– Diana Raab –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
FRUITS (2-4)	
PROTEINS (3-4)	
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SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Your body keeps an accurate journal, even if you don't."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You are what you eat so don't be easy, fast, or fake!"

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"It's the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen."

– Muhammad Ali –

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

One important key to success is self-confidence. An important key to self-confidence is preparation.

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"The only excercise most people get is jumping to conclusions, sidestepping responsibility, and pushing their luck."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."

– Julia Child –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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WATER	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You are the boss of your life. Manage it well."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Limitations are for people that have them and excuses are for people who need them."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Warning: Healthy eating and regular exercise leads to increased awesomeness."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Inspiration and genius - one and the same."

– Victor Hugo –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Be strong. You never know who you are inspiring."

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

One thing's for sure: nothing will work unless you do.

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Fat loss is 80% nutrition and 20% exercise. If your diet isn't clean, you're not getting lean."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Nothing will ever be attempted if all possible objections must first be overcome."

– Robert Frost –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Sweat is your fat crying. Have a good cry today."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Train like an athlete, eat like a dietician, sleep like a baby."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You may delay,

but time will not."

– Walt Disney –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Columbus traveled the world in a sail boat - I'm pretty sure you can get to the gym."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

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	NUMBER OF SERVINGS
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"It's not a diet. It's not a phase. It's a permanent lifetime change."

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"I don't have time" is the grown-up version of "The dog ate my homework."

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Happy are those who dream dreams & are ready to pay the price to make them come true."

– Leon J –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"The habits that took years to build do not take a day to change."

– Susan Powter –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Nothing tastes as good as fit feels."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
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EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"If you change nothing, nothing will change."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"The human body is the best picture of the soul."

– Ludwig Wittgenstein –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"When you start each day with a grateful heart, light illuminates from within."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Eat well. Move daily. Hydrate often. Sleep lots. Love your body. Repeat for life."

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"The only disability in life is a bad attitude."

– Scott Hamilton –

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Every achiever that I have ever met says, 'My life turned around when I began to believe in me.'"

– Dr. Robert Schuller –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
VEGGIES (5-8)	
FRUITS (2-4)	
PROTEINS (3-4)	
DAIRY (2)	LEVELS 1 & 2 ONLY
FATS (2)	
STARCHY CARBS/ LEGUMES (2)	LEVEL 1 ONLY
SUGARS (0)	
WATER	
SLEEP	

HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"If it doesn't challenge you, it doesn't change you."

– Frank Devito –

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

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GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Food is the most abused anxiety drug. Excercise is the most underutilized anti-depressant."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

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VEGGIES (5-8)	
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"To be successfull, you must accept all challenges that come your way. You can't just accept the ones you like."

– Mike Gafka –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Don't use the weekend to give up on your goals."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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LUNCH:

SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"If you only keep good food in your house, you will only put good food in your body."

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"It is only our deeds who reveal who we are."

– Carl Jung –

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"You did not wake up today to be mediocre."

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

	NUMBER OF SERVINGS
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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You don't have to go fast, you just have to go."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Athletes eat and train. They don't diet and excercise."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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LUNCH:

SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

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FLEXIBILITY:

OTHER:

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

– Aristotle –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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LUNCH:

SNACK:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

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FLEXIBILITY:

OTHER:

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Feel sore tomorrow, or feel sorry. You choose."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

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CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"If you don't eat according to your goals, don't expect to reach them."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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LUNCH:

SNACK:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

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FLEXIBILITY:

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- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"If the wind will not serve, take the oars."
– Latin Proverb –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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HOW DO YOU FEEL TODAY?

EXCERCISE

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STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"It may never get easier, but you get better."

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Success Tip:

"Success must be felt on the inside before it can be seen on the outside."

REWARD:

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

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LUNCH:

SNACK:

DINNER:

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HOW DO YOU FEEL TODAY?

EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Eat food. Not too much. Mostly plants."
– Michael Pollen –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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SNACK:

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EXCERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Nurture your mind with great thoughts, for you will never go any higher than you think."

– Benjamin Disraeli –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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FLEXIBILITY:

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"You are only one workout away from a good mood."

DATE: / / SU M T W TH F S

FOOD JOURNAL

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LUNCH:

SNACK:

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- [ ] "AM I AM" PRACTICE
- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"Always make a list before you go to the grocery store – better yet, take it!"

DATE: / / SU M T W TH F S

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- [ ] READING

Daily Inspiration:

"Worry is like a rocking chair; it gives you something to do but you don't get anywhere."

– Van Wilder –

DATE: / / SU M T W TH F S

FOOD JOURNAL

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- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"The voice in your head that says you can't do this is a liar."

DATE: / / SU M T W TH F S

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- [ ] RANDOM ACT OF KINDNESS
- [ ] READING

Daily Inspiration:

"The whiter the bread, the sooner you'll be dead."

– Michael Pollen –

WEEKLY RECAP

GOAL CHECK

WORKOUT:	YES	NO
NUTRITION:	YES	NO
PRACTICE SELF CARE:	YES	NO

REWARD:

THUMBS UP

NEEDS IMPROVEMENT

WHO I'LL ASK FOR HELP _____

WHAT I LEARNED

INSPIRATION:

I AM GRATEFUL FOR

BARRIERS & BREAKTHROUGHS

Journaling can be a great way to track the T School moments that can be measured. Take notes, write down your thoughts, describe your barriers and breakthroughs to track your T School transformation!

ASSESSMENTS

BASELINE PICTURES	GRADUATION PICTURES

CURRENT WEIGHT: _____

GOAL WEIGHT: _____

CURRENT BODY FAT %: _____

GOAL BODY FAT %: _____

CURRENT FAT LBS: _____

GOAL FAT LBS: _____

CURRENT MUSCLE LBS: _____

GOAL MUSCLE LBS: _____

CURRENT INCHES: _____

GOAL INCHES: _____

OTHER GOALS:

CURRENT WEIGHT: _____

GOAL WEIGHT: _____

CURRENT BODY FAT %: _____

GOAL BODY FAT %: _____

CURRENT FAT LBS: _____

GOAL FAT LBS: _____

CURRENT MUSCLE LBS: _____

GOAL MUSCLE LBS: _____

CURRENT INCHES: _____

GOAL INCHES: _____

OTHER GOALS:

CURRENT WEIGHT: _____

GOAL WEIGHT: _____

CURRENT BODY FAT %: _____

GOAL BODY FAT %: _____

CURRENT FAT LBS: _____

GOAL FAT LBS: _____

CURRENT MUSCLE LBS: _____

GOAL MUSCLE LBS: _____

CURRENT INCHES: _____

GOAL INCHES: _____

OTHER GOALS:

T SCHOOL PLAYLIST

Are you having an off day? Feeling sad, depressed, ot anxious maybe?

You will be glad to know that you can chase all the blues away just by listening to your favorite music. Considered as a natural anti-depressant, music can give you the euphoric high that anti-depressant medications can bring. So, if you are looking for a great way to end your crappy day, read on to learn more about how music can uplift your mood, fast! Here are your T School Top 100 (and counting) Happy Songs submitted by Tina, your coaches, and the 1901 staff. Enjoy! And if we missed one, post it on our T School FB page!

1. Shut Up and Dance - Walk the Moon
2. Underneath the Sun - She's a Keeper
3. Whenever You're Ready - James Taylor
4. Respect Yourself - the Staple Singers
5. Stand in the Place That You Live - REM
6. Crazy - Gnarls Barkley
7. Best Day of My Life - American Authors
8. Get Lucky - Daft Punk
9. Counting Stars - One Republic
10. Keep Your Head Up - Andy Grammer
11. Shower the People - James Taylor
12. Fun Fun Fun - Pharrell
13. Happy - Pharrell
14. Just a Cloud Away - Pharrell
15. Home - Phillip Phillips
16. Sing a Song - Earth, Wind & Fire
17. September - Earth, Wind & Fire
18. Love the One You're With - CSNY
19. Let It Go - Idina Menzel
20. Cheerleader - Omi
21. Get Together - Jesse Colin Young
22. Good Vibrations - The Beach Boys
23. Send Your Love - Sting
24. Stay - Lee Dewyze
25. Get It Together - Seal
26. Good Day Sunshine - The Beatles
27. Blessed - Brett Dennan
28. Whenever You Need Me - The Spinners
29. Sunshine - Matt Costa
30. Wide Awake - Katy Perry
31. Everybody - Ingrid Michaelson
32. Love You Madly - Cake
33. This is the First Day of My Life - Bright Eyes
34. All About That Bass - Meghan Trainor
35. Up From My Life - James Taylor
36. Say Hey - Michael Franti & Spearhead
37. Steer - Missy Higgens
38. Carry My Love - Sarah Geronimo
39. Don't Stop Me Now - Queen
40. Roll With the Changes - REO Speedwagon
41. We Are Young - FUN.
42. Hey Mama - David Guetta and Nicki Minaj

43. Send Me On My Way - Rusted Root
44. No Rain - Blind Melon
45. Sledgehammer - Peter Gabriel
46. Worth It - Fifth Harmony
47. Invincible - Kelly Clarkson
48. Uptown Funk - Mark Ronson and Bruno Mars
49. After All - David Crowder Band
50. I Love You - Woodkid and Pharrell Williams
51. Hey - 4 Non Blondes
52. Brave - Sara Bareilles
53. I Lived - One Republic
54. Unwritten - Natasha Bedingfield
55. Barbie Girl - Aqua
56. Love Shack - The B52's
57. Ray of Light - Madonna
58. The Walk - Mayor Hawthorne
59. Locked Out of Heaven - Bruno Mars
60. American Girl - Tom Petty
61. Walking on Sunshine - Katrina and the Waves
62. Kiss - Prince
63. T Shirt Weather - Circa Waves
64. It's Time - Imagine Dragons
65. Diva - Beyoncé
66. Call Me Al - Paul Simon
67. Stronger - Kelly Clarkson
68. Fight Song - Rachel Platten
69. Little Talks - Monsters and Men
70. Pump It Up - Elvis Costello
71. Timber - Pitbull and Kesha
72. Working for the Weekend - Loverboy
73. Spice Up Your Life - Spice Girls
74. Into the Groove - Madonna
75. Footloose - Kenny Loggins
76. You Spin Me Round - Dead or Alive
77. Let's Go Crazy - Prince
78. I'm So Excited - The Pointer Sisters
79. We Are Family - Sister Sledge
80. Girls Gone Wild - Madonna
81. Girls - The 1975
82. Roller Coaster - The Bleachers
83. Not On Drugs - Tove Lo
84. Pray to God - Calvin Harris and Haim
85. Ghost - Ella Henderson
86. DNA - Empires of the Sun
87. Blue Eyes Bling - ZZ Ward
88. Can't Feel My Face - The Weeknd
89. Faith - George Michael
90. Shake It Off - Taylor Swift
91. Good Life - One Republic
92. We Are Golden - MIKA
93. Sunny Day - Joy Williams
94. Somewhere Over the Rainbow - Eva Cassidy
95. Living in the Moment - Jason Mraz
96. Jive Talkin' - Bee Gees
97. Lovely Day - Bill Withers
98. The World is Watching - Two Door Cinema Club
99. Hot N Cold - Katy Perry
100. Roar - Katy Perry