

My Weight Loss

JOURNAL

DATE _____

I WOKE UP FEELING



AWESOME



GOOD



OKAY



NOT GOOD



HORRIBLE

TODAY I AM GOING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATIONS FOR TODAY

Daily Food Diary

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DATE _____

BREAKFAST _____

CALORIES _____

LUNCH _____

CALORIES _____

DINNER _____

CALORIES _____

SNACKS _____

TOTAL FOR THE DAY _____

Weekly Check In

JOURNAL

DATE _____

THIS WEEK I FELT



CHALLENGING SITUATIONS I'VE DEALT WITH THIS WEEK AND THE BETTER CHOICES I'VE MADE:

MY RANKING OF THE WEEK



TOP 3 MEALS THIS WEEK

- _____
- _____
- _____

NEXT WEEKS MEAL PLANS
