

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

JOURNAL



DATE _____

BREAKFAST _____

CALORIES _____

LUNCH _____

CALORIES _____

DINNER _____

CALORIES _____

SNACKS _____

TOTAL FOR THE DAY _____

JOURNAL



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



☐ _____

☐ _____

☐ _____

NEXT WEEKS MEAL PLANS
