

every sunday

STARTING WEIGHT _____

GOAL WEIGHT _____

DATE _____

Monday

TODAY I ATE _____

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
 - HEALTHY.
 - UNHEALTHY.
 - STRESSED.
 - CALM.
 - DETERMINED.
 - OTHER: _____
- TIRED.
 - PESSIMISTIC.
 - OPTIMISTIC.
 - READY FOR MY DAY OFF FROM DIETING.
 - LIKE I MAY SUCCUMB TO CRAVINGS.
-
-
-

tuesday

DATE _____

TODAY I ATE

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
 - HEALTHY.
 - UNHEALTHY.
 - STRESSED.
 - CALM.
 - DETERMINED.
 - OTHER: _____
- TIRED.
 - PESSIMISTIC.
 - OPTIMISTIC.
 - READY FOR MY DAY OFF FROM DIETING.
 - LIKE I MAY SUCCUMB TO CRAVINGS.

DATE _____

wednesday

TODAY I ATE _____

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
- TIRE.
- HEALTHY.
- PESSIMISTIC.
- UNHEALTHY.
- OPTIMISTIC.
- STRESSED.
- READY FOR MY DAY OFF FROM DIETING.
- CALM.
- LIKE I MAY SUCCUMB TO CRAVINGS.
- DETERMINED.
- OTHER: _____

thursday

DATE _____

TODAY I ATE _____

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
 - HEALTHY.
 - UNHEALTHY.
 - STRESSED.
 - CALM.
 - DETERMINED.
 - OTHER: _____
- TIRED.
 - PESSIMISTIC.
 - OPTIMISTIC.
 - READY FOR MY DAY OFF FROM DIETING.
 - LIKE I MAY SUCCUMB TO CRAVINGS.

DATE _____

friday

TODAY I ATE _____

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
 - HEALTHY.
 - UNHEALTHY.
 - STRESSED.
 - CALM.
 - DETERMINED.
 - OTHER: _____
- TIRED.
 - PESSIMISTIC.
 - OPTIMISTIC.
 - READY FOR MY DAY OFF FROM DIETING.
 - LIKE I MAY SUCCUMB TO CRAVINGS.

saturday

DATE _____

TODAY I ATE _____

MY ACTIVITIES WERE

- RUNNING FOR _____ MINUTES.
- WALKING FOR _____ MINUTES.
- YOGA OR PILATES.
- BIKING.
- SWIMMING.
- OTHER: _____

TODAY, I'M FEELING

- GOOD.
 - HEALTHY.
 - UNHEALTHY.
 - STRESSED.
 - CALM.
 - DETERMINED.
 - OTHER: _____
- TIRED.
 - PESSIMISTIC.
 - OPTIMISTIC.
 - READY FOR MY DAY OFF FROM DIETING.
 - LIKE I MAY SUCCUMB TO CRAVINGS.

DATE _____

sunday

TODAY I WEIGHED _____ POUNDS / KILOGRAMS / STONES.

MY NEW WEIGHT MAKES ME FEEL

- | | |
|-----------------------------------|-------------------------------------|
| <input type="radio"/> ENCOURAGED. | <input type="radio"/> DISAPPOINTED. |
| <input type="radio"/> HEALTHY. | <input type="radio"/> UNHEALTHY. |
| <input type="radio"/> MOTIVATED. | <input type="radio"/> DETERMINED. |
| <input type="radio"/> PROUD. | <input type="radio"/> RESOLVED. |
| <input type="radio"/> OTHER: | _____ |

WHAT I THINK I DID WELL

WHERE I CAN IMPROVE

Looking forward: the week ahead

MY GOALS FOR THE WEEK ARE

- EXERCISE _____ DAYS THIS WEEK.
- TRY A NEW EXERCISE ROUTINE.
- FIND AN EXERCISE BUDDY.
- PUSH MYSELF HARDER.
- PUSH MYSELF LESS.
- DRINK MORE WATER.
- BALANCE MY MEALS BETTER.
- BRING LUNCH TO WORK INSTEAD OF EATING OUT.
- EAT FRUIT OR SUGAR-FREE CANDY INSTEAD OF SWEETS.
- OTHER: _____

THIS WEEK'S TARGET WEIGHT IS _____ POUNDS / KILOGRAMS / STONES.

MY REWARD IF I SUCCEED _____
