

DAILY JOURNAL

DATE: _____ TIME: _____

Personal Goal for Today

Nutritional Goal for Today

Reflection of the Day

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DIET RECIPE JOURNALS

Recipe _____ Ingredients _____ _____ _____ _____	Directions _____ _____ _____ _____
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KEEPING TRACK

Each week when you weigh yourself, record your weight and your progress toward your goal. If you did not meet your goal, review your calorie count log for the week. Compare it to a week you lost weight - and decide how you plan to compensate.

Starting Weight _____ Goal Weight _____
Body Fat % _____ Ideal Body Fat % _____
Pounds to Lose _____ Pounds per Week Goal _____

Week	Date	Weight	Lbs. Lost	Body Fat %	On/Off Goal
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					