



BEYOND diet

# SUCCESS *Journal*



[www.BeyondDiet.com](http://www.BeyondDiet.com)

# Starting Measurements

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**DATE STARTED (date started program):** \_\_\_\_\_

**DATE FINISHED (date completed program):** \_\_\_\_\_

## Food Journal

You may wonder whether it's really necessary to keep a food journal. My answer is, without a doubt, yes. People who take the time to record the foods they eat are significantly more successful on the Beyond Diet Program than people who don't. Remember that you will not need to record everything you eat for the rest of your life. Food journaling is just a part of the learning process: learning to recognize which foods your body responds to best, and in what amounts.

When I first changed my own eating habits and lifestyle, I started keeping an accurate record of everything I ate and how I felt after each meal. After 2 months, I wrote fewer notes because I had learned which foods made me feel best and in what amounts. I continued journaling for about 6 months, total, and then stopped. Now, years later, if I feel unwell, I use my food journal again to try to pinpoint and remove a food-related cause.

Your Beyond Diet Food Journal will be a written record of all of the foods and meals that you eat each day. This particular journal contains enough entry sheets for 8 weeks total. After you have completed the first 8 weeks of the program, you can then assess whether or not it is really necessary for you to continue to write down all of your food and meals. If you feel that keeping a journal has been an integral part of your success, I encourage you to print out another 8 weeks. If you feel that you have already established this way of eating as a lifestyle for you, you may want to try to go without it. I, myself, go back to keeping a food journal whenever I feel that I am getting a bit off track and deviating from what I know is a healthy meal plan too often. Writing down exactly what you are eating each day is a perfect way to get right back on track.

Because I want you to actually use this tool, you should choose the food journal format that will work best for you. Consider the following suggestions, and then follow the instructions for creating your personal Beyond Diet Food Journal.

- **A notebook or a bound journal:** This option is incognito. You can carry it with you without making a fuss, yet it can be as plain or as fancy as you like. Because the right style and size vary from person to person, choose a notebook or bound journal with a cover material and design that you like and a size that fits in your purse, backpack, or gym bag or even under your arm—whatever suits your personality and lifestyle.
- **A three-ring binder:** If you use the blank Beyond Diet Food Journal sheet (provided below), you can keep enough pages for a week or more in your designated three-ring binder. My clients who choose this option usually keep the binder in the kitchen, where they start their day and do most of their meal planning.
- **One page at a time:** This option is the “light” version of the Beyond Diet Food Journal! Carry one blank Beyond Diet Food Journal sheet in your purse, briefcase, backpack, or pocket, and fill it in as the day goes on. At the end of the day, file the page in your 3 ring binder for future reference.

Each page of your Beyond Diet Food Journal should be dated, and each entry on each page must contain some basic information:

- time you ate;
- food eaten;
- how you feel immediately and 1 or 2 hours afterward.

Paying attention to which foods cause you to feel good and which foods cause you to feel bad is the first step in determining which foods are best suited for your body. Examples of feelings you may want to record in your food journal are:

Good Feelings:

Happy  
Comfortable and stress free  
Energetic  
Focused and clear headed  
Satisfied  
Free of cravings  
Enjoyed this meal

Bad Feelings:

Hunger immediately after eating  
Fatigued  
Nervous  
Unsatisfied  
Craving fat, protein or carbs  
Craving sugar  
Depressed  
Constipated  
Headache  
Heavy stomach

Remember, the people that have had the most success in their weight loss and fitness efforts have been those that have written it down. So please do not skip this very important step.

*A special Note from Isabel:*

## ***Listen to Your Body***

You might wonder, “If I don’t count calories, then how will I control my eating habits?” To begin, you will use the to plan your meals and keep track of how you feel after eating in your Beyond Diet Food Journal. Over time, though, you will learn how to meet your body’s nutritional needs naturally.

Humans are born with the ability to “know” when the body is nourished and when it is not. My professional experience indicates that most yo-yo dieters and other people who have battled weight problems don’t “listen” to their bodies’ cues in response to the foods and portions they consume. The good news is that this ability can be (re)learned.

The Beyond Diet Program teaches you how to choose the best foods and portions for your metabolism type. After only days following the program, you will begin to notice how you feel after eating. Although this experience may be new to you, you will learn to eat your way to optimum health by letting your body be your guide. By paying attention to your body’s cues, you can maintain a healthy weight without counting calories or referring to guides and charts. It’s how I live my life now. After years of dieting, I reawakened my body’s innate ability to tell me when I’ve had enough food and when I need more by following the same plan that I present in this manual. Every day is different; some days I need more food and others less, depending on my levels of exercise, stress, and even hormones. But I don’t need to count calories to know whether I’ve had enough; my body tells me, and I know how to listen.

# Beyond Diet Food Journal (sample)

Date: October 10, 2007

Three things I am grateful for:

1. spending each day doing what I love
2. my incredibly supportive family
3. the opportunity to live each day on my own schedule

My positive affirmations:

1. God is my universal source. He provides all that I need.
2. I feel great and nourish my body well every day.
3. Exercise keeps me healthy and happy.

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
8:00 AM	BREAKFAST	(3)	(1)	(0)	
	2 eggs	2			Immediately: satisfied 2 hours later: starting to feel hungry
	1 slice turkey bacon	1			
	1 cup cooked spinach		1		
	Meal totals	2	1	0	
10:30 AM	SNACK	(2)	(1)	(0)	
	1 ounce walnuts	2			Immediately: curbed my hunger
	1 med banana		1		
	Meal totals	2	1	0	
1:00 PM	LUNCH	(4)	(2)	(3)	
	4 ounces broiled salmon	4			Immediately: feel full—maybe too full 2 hours later: feel good
	1 cup green salad		1		
	1 cup raw cauliflower		1		
	1 tbsp cod liver oil			3	
	1 tbsp apple cider vinegar	—	—	—	
	salt, pepper, spices	—	—	—	
	Meal totals	4	2	3	
3:30 PM	SNACK	(2)	(1)	(0)	
	2 ounces sliced turkey	2			1 hour later: not satisfied; white-meat turkey might not be a good option
	1 cup carrot sticks		1		
	Meal totals	2	1	0	
6:00 PM	DINNER	(4)	(2)	(2)	
	4 oz chicken legs	4			Immediately: feel great, satisfied— but not overly full
	1 cup sautéed collards		1		
	1 cup green salad		1		
	2 tsp olive oil			2	
	1 tbsp apple cider vinegar	—	—	—	
	Meal totals	4	2	2	
	Daily totals	15	7	5	

Daily water intake

Goal: 70 ounces

Actual: 70 ounces

# Daily Exercise Log (Sample)

Date: 6/16/09

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes
Treadmill – Fast Paced Walking	10 mins	.6 miles	3.5 mph	Warm up – broke a sweat
Squats	3	15	Body weight	Felt easy, increase to weights
Pushups	3	10	Body weight	On knees, getting easier
Lunges – in place	3	10 each leg	5 lb DB's	Still hard
Shoulder Press	3	12	8 lb DB's	Good weight
Ab Crunches off ball	3	10	Body weight	Increase reps next time

## Notes for Today:

*Today went well. I felt good all day except for being a bit too hungry in the afternoon. Tomorrow I will have a bit more fat at lunch and see if that helps the hunger.*

*My workout felt good. It took me a while to motivate to actually get to the gym but once I was there it was actually almost fun.*

## My biggest accomplishment today:

*I am so proud of myself for eating so healthy at the luncheon today. With all of those brownies and sweets around, it could have really turned into a disaster. I just kept my goal in mind and it was easy to say no to the desserts.*

## Lessons I learned today:

*Increase food a bit during the day so not to be so hungry in the afternoon.  
The gym can actually be fun. Just get there!*

# Beyond Diet Food Journal: Week # 1

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
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My positive affirmations: 1. \_\_\_\_\_  
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	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

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	Meal totals				
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	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
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	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
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	Meal totals				
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	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
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	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



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Date: \_\_\_\_\_

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	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

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Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

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Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
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		Proteins	Carbs	Fats	
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	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 1

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 2

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
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My positive affirmations: 1. \_\_\_\_\_  
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Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 2

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 3

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
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My positive affirmations: 1. \_\_\_\_\_  
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Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 3

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 4

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 4

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 5

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Weekly Review: Week # 5

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 6

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 6

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**



# Beyond Diet Food Journal: Week # 7

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**



# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 7

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**

# Beyond Diet Food Journal: Week # 8

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_



# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Beyond Diet Food Journal

Date: \_\_\_\_\_

Three things I am grateful for: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

My positive affirmations: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	LUNCH	( )	( )	( )	
	Meal totals				
	SNACK	( )	( )	( )	
	Meal totals				
	DINNER	( )	( )	( )	
	Meal totals				
	Daily totals				

Daily water intake Goal: \_\_\_\_\_ Actual: \_\_\_\_\_

# Daily Exercise Log

Date: \_\_\_\_\_

Exercise	Time/Sets	Distance/Reps	Intensity/ Weights	Notes

**Notes for Today:**

**My biggest accomplishment today:**

**Lessons I learned today:**

# Weekly Review: Week # 8

Date: \_\_\_\_\_

Measurements	Before	After	Notes
Chest			at nipple height
Lower Abs			largest circumference
Waist			at belly button
Hips			largest circumference
Thighs			midpoint of thigh
Arms			midpoint of arm
Body Weight			in lbs. or kgs.

**My biggest accomplishments this week:**

**Changes I will implement next week:**

**Potential obstacles I may encounter this week:**

**How I will handle these obstacles:**

**My goal this week is:**