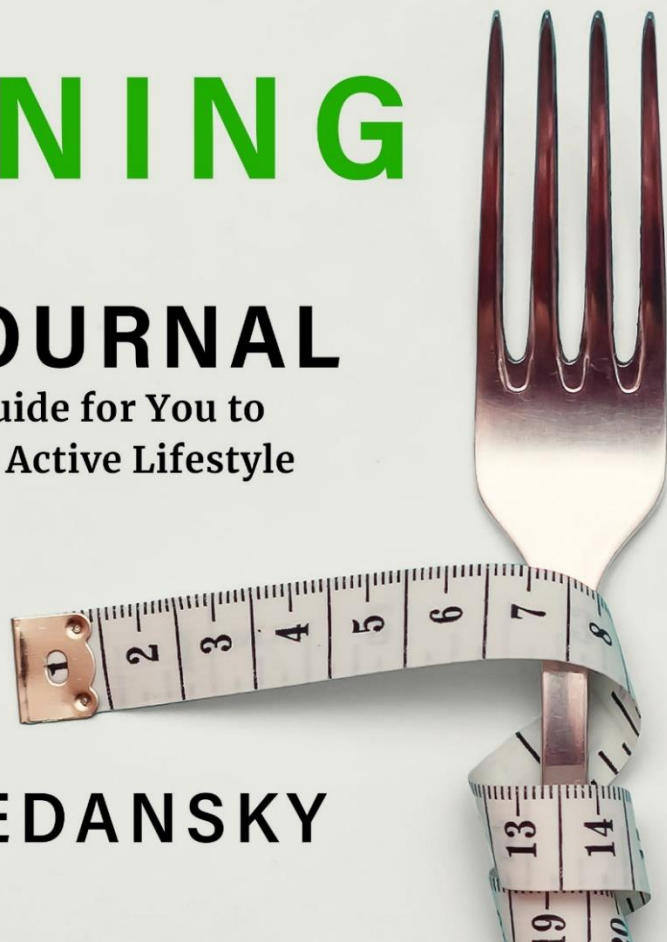


STOP DIETING START THINNING

DAILY JOURNAL

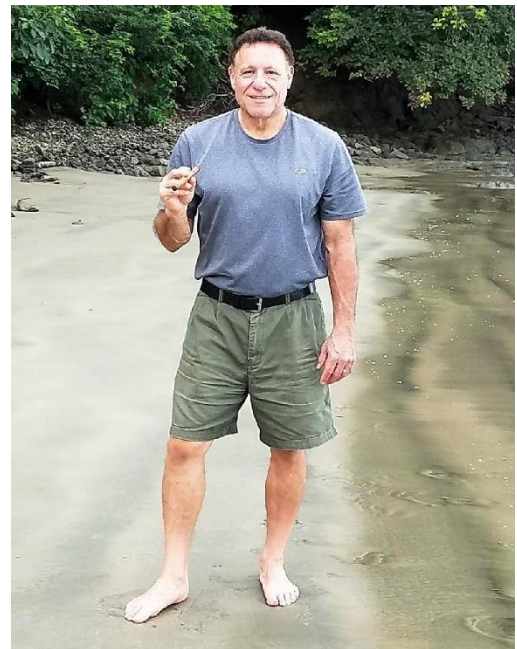
The Ultimate Guide for You to
Have a Healthy & Active Lifestyle

DAVID MEDANSKY



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YOUR ACCOUNTABILITY COACH, DAVID MEDANSKY'S,
BEFORE AND AFTER PHOTOS



*This is my “I’m Thinning”
journal. If found please return
to:*

Name: _____

Email: _____

Phone: _____

Paste your before photo here
(Optional)

Before Photo

THE “I’M THINNING” MOVEMENT

Old: I’m dieting

New: “I’m Thinning.”

Stop Dieting. Start Thinning!

“I’m Thinning” is defined as “The art of losing weight against all odds.” It is a process to successfully lose weight in a healthy way and keep it off when you don’t believe you can. It is a paradigm shift from the “diet” and weight-loss industries so you can have a healthy and active lifestyle. “**I’m Thinning**” means you want to be thinner and healthier. There are nine (9) golden rules for thinning.

The “I’m Thinning” process is designed for those, such as yourself, who don’t believe they can lose weight and keep it off. With this journal you will understand what is possible and how to do it.

Open this journal and start your journey to a healthy new you! This easy-to-use guide will help you to solidify healthy eating habits. Whether your goal is losing weight, changing your self-care routines, having more energy, feeling better, having better mental clarity, being able to be more active, or improving your overall health, this handy journal will keep you on track as you set out on a healthy new path.

Are you merely **Interested** in achieving healthy and permanent weight-loss or are you **Committed** to it? If you are committed, sign the Commitment Agreement below.

Commitment Agreement

I _____ understand that I am making a personal commitment to myself to write in this journal DAILY. I agree to record ALL food that I eat and ALL beverages I drink. I further acknowledge and understand that over the next 12 weeks I may experience difficult issues and emotions. However, I am prepared to deal with them as they happen. My word is important to me and I commit to completing the “I’m Thinning” process.

Signed _____ Date _____

DISCLAIMER

Before you implement any weight-reduction program, or use any dietary, exercise, or health advice or suggestions from this book, please consult with a medical practitioner or qualified health professional.

All information provided in this book is intended for educational purposes only. Any health or dietary advice is *not* intended as a medical diagnosis or treatment. Statements contained in this book have not been evaluated by the Food and Drug Administration.

The author, publisher, and any other person involved in producing this book disclaim all liability and loss in conjunction with the content provided herein, as well as any and all liability for any products or services mentioned or recommended in this book. The information contained herein is subject to personal research and has been recorded as accurately as possible at the time of publication. Due to possible changes and availability of information provided to the public, you should not take any of the content as a source of reference without further research. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of the suggestions, preparations, or procedures discussed in this book.

If you think you're suffering from any medical condition, then you should seek immediate medical attention.

Results may vary. Causes for being overweight or obese vary from person to person. No individual results should be deemed as typical.

The information contained in this book is based upon the research and personal experience of the author. It is not intended as a substitute for consulting with your physician or other healthcare provider. Any attempt to diagnose and treat an illness should be done under the direction of a healthcare professional.

STOP DIETING START THINNING DAILY JOURNAL

The Ultimate Guide for You to Have a Healthy & Active Lifestyle

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Eight Needs of the Body

Every person must have the following eight items to exist (survive) and thrive:

1. Air - Oxygen
2. Water – Pure water, not just liquids such as soda, diet soda, fruit juice, or fruit flavored beverages.
3. Sleep – A minimum of 7 to 8 hours of quality sleep.
4. Food – Real whole food, not the processed and manufactured foods.
5. Physical Movement – Physically active such as walking or stretching. Note: The best way for you to lose unwanted body fat is by just simply walking, it doesn't have to be high intensity or uphill...just simply walk thirty minutes to an hour a day.
6. Sunlight
7. Non-energy Nutrients. – Essential vitamins and minerals not produced by our bodies that you can only get through food.
8. Physical Touching and Community.

Your objective is to change your unhealthy eating habits into healthy ones. ***To create a new lifestyle so that you can thrive instead of merely survive.*** A sailboat that changes course just one degree, over time will end up in a different place . . . and so will you. The best advice I can give you is to ***be consistent*** and give yourself plenty of ***time***.

Don't quit. Just because you don't see results immediately, don't give up. You may not see changes, however, every smart choice you make is affecting you in ways you'd never imagine. It is the smallest, seemingly inconsequential changes done consistently over time that can make the biggest difference to successfully reduce weight and keep it off.



HOW TO USE THIS JOURNAL

This is Not Just a Weight-Loss Program.
This is also a Lifestyle Transformation Guide

It takes time to change and create new habits.

Research shows that on average it takes 66 days to create a new habit. Not 21 days. Not 30 days. On average, 66 days. What this means for you is it might take a little less time or a little more time. This is one reason this is a 12-week journal. Plus, you get an extra week as a bonus. Think of it as a baker's dozen.

Each day, begin to track the food you eat and the beverages you drink. Nothing too detailed, just some notes. After a few days, see if there are any patterns or correlations to **what** you eat, **when** you eat, **where** you eat, **why** you eat, and **how** you eat. Then you can begin to self-evaluate to determine what you can do to improve your daily eating habits based on the principles you can learn in ***Stop Dieting Start Thinning, 9 Golden Rules of Weight-Loss for People Who Love to Eat.***

It's been proven that keeping track of what you eat is the most effective method for improving your daily eating habits and food intake. Keeping track of your food intake is all about accountability. It's not what you do when someone is watching, it's what you do when no one is watching. Be honest with yourself. Keep your integrity. Tell the truth. Note it in your log if you indulged and ate the slice of birthday cake at the office party. No one is judging you.

"John Wooden, legendary UCLA basketball coach said, "When you improve a little each day, eventually big things occur. When you improve conditioning a little each day, eventually you have a big improvement in conditioning. Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens - and when it happens, it lasts."

One of the biggest myths in health and fitness is the notion that you need to exercise to lose weight. The truth is, science has shown that 95 percent of your body weight and shape is determined by your diet, and only 5 percent is

determined by your physical activity and other factors such as hormones or medical conditions. Exercise however, is important to be fit and for overall health and wellness. With that said, the best physical activity for you to lose unwanted body fat is by simply walking... just walk thirty minutes to an hour each day.

If you miss a day or two, don't beat yourself up. ***Keep moving forward.***

Rebel Wilson shed 77 pounds by simply walking one hour each day. She told fans: "An Austrian doctor said 'Rebel, the best way for you to lose unwanted body fat is just simply walking. Doesn't have to be high-intensity, doesn't have to be uphill, just moderate walking an hour a day. And if you can do that, for you, for your body type, it's, like, the best way to lose unwanted body fat.'"

Think of it this way. Would you like to weigh 24 to 48 pounds less by this time next year?

Most people wanting to release some weight will answer, "Yes."

If you lost, on average, 2 to 4 pounds a month, not a week, a month, for 12 consecutive months, that would mean you'd lost 24 to 48 pounds, or more, in a year.

Do you believe you can lose 2 to 4 pounds per month?

[Initial here] ____ Yes I can.

One of the best-side-effects of improving your eating habits is that you will likely have more energy, better mental clarity, and you may want to do more physical activities or exercise. Exercise, however, is not a requirement for you to succeed on your journey to losing weight and improving your overall health.

• **Record important daily stats.** Write down what you ate, where you ate, why you ate, when you ate, if you did physical activity or exercised, and how well you took care of yourself every day.

- **Review your progress.** Weekly check-ins with an accountability partner can help you stay on track and adjust your habits moving forward.

- **Track your goals.** Set your goals. Then break down your goals into smaller more achievable milestones. When you reach your smaller milestones, celebrate, and move onto the next smaller milestone. Track your progress at least once a month, e.g., weight, measurements, energy level, mood. Some people like to weigh themselves weekly, others might want to do it daily. Do what is best for you. Put this information in the Notes, Take-Aways, and/or Ah ha Moments section.

Stop looking outside of you. Everything you need to be successful exists within the space between your ears. You most likely don't need a different gym membership, you don't need a new supplement, and you don't need to follow a new diet. You need to back yourself and BELIEVE! Use affirmations and visualizations as a tool to program your mind to believe and then take consistent and persistent action based on those thoughts.

Questions to keep in mind as you complete the food journal:

1. Are certain foods causing mood swings?
2. Do you use food to improve your mood or energy?
3. Are there certain times of the day or situations when you're susceptible to cravings?
4. Out of habit do you associate certain activities with eating, such as watching TV, eating popcorn at a movie theater, etc.?
5. Does an increased level of stress cause you to eat more?
6. What types of food do you crave?
7. Is too much caffeine causing anxiety or mood swings?
8. How are you feeling while you are eating?

FOOD FOR THOUGHT - THINGS TO PONDER AND CONTEMPLATE TO GAIN INSIGHT INTO YOUR EATING HABITS

Note the time, location, and your mood, when eating to help you identify patterns and triggers. For example, why are you eating a mid-afternoon bag of chips? Why are you eating while watching TV?

TIME:

Writing down when you eat helps you to see if emotional eating happens at specific times. Is your eating hunger-driven or is it because you're emotional? If possible, the best time to eat your meals is between 7:00 a.m. and 7:00 p.m. Some advocate for a smaller window to consume your food. However, with a 12-hour period, it gives your body 12 hours to process and digest your food.

WHY ARE YOU EATING?

Are you stressed? Anxious? Upset about something or someone? Do you eat when you're nervous? Are you eating when you're lonely or sad? Do you eat when you're bored? Are you eating for comfort? Or, are you consuming food as fuel for your body? Emotional eating can be modified and altered once you're aware that it's happening.

Here are reasons people gave as to why they ate:

1. I ate when I was bored.
2. I ate when I'd watch television.
3. I ate when I was worried or stressed.
4. I ate when I was frustrated or upset.
5. I ate to reward myself.
6. I ate to make myself feel better.
7. I ate because I was lonely.

You might be able to add a few reasons of your own.

Did you notice what all the reasons have in common?

Give up?

Not one reason given for eating was for nutrition or for fuel for your body.

All animals in their natural state, except for humans, eat only for the purpose of maintaining health and nutrition. Humans are the only species that eats for pleasure and comfort.

According to Dr. Shad Helmstetter, "We overeat to fulfill the needs of the mind."

The reason you should eat is for nutrition and as fuel for your body. Keep this in mind when you are recording what you are eating. Because it's just as important to understand why you are eating as what you are eating. Once you understand that eating should be to provide fuel and proper nourishment for your body, you'll have a different perspective about food.

Can you see how your perception about food could change and improve your eating habits?

WHAT TYPES OF FOODS ARE YOU EATING?

Writing down what you eat helps you see connections between moods and certain foods. Are you tempted to eat cookies or ice cream when you're stressed? Or do you reach for a candy bar when you're nervous?

Maybe you prefer salty foods such as potato chips, pretzels, or something crunchy if you're feeling lonely or sad?

Are you eating foods that satisfy you or just lead to more cravings?

Are you getting any protein?

ENVIRONMENT:

What is happening around you does affect your eating. Some people tend to snack when watching TV. Others turn to food if other family members are eating too.

Where are you eating?

At the kitchen table?

While watching TV?

In your car driving?

At your desk in your office or at work?

A restaurant?

Where you eat might increase the quantity you consume.

For example, watching television detrimentally affects your eating habits, which can cause obesity. Studies show a direct correlation between watching television and weight gain. People tend to snack on calorie-dense processed foods while viewing the boob tube. Studies have shown that viewers consume 65 percent more calories from snacks while watching television.

Track and record all your eating behavior for a few weeks. Then look for patterns.

If it appears there's a relationship between eating and feelings, think of ways to meet the emotional needs without turning to food. Ask people in the support community for suggestions. Or ask if they will be an accountability buddy you can talk with to avoid comfort eating. Maybe take a walk, do some yoga or quick exercise. Find other ways to deal with frustration.

Starting a food journal is one thing. Sticking with it is another matter. Ideally, it is something that should be done for weeks rather than days.

The medical literature talks about non-compliance and that many people will only record in a journal for a few days or only a week and give up. Yes, food journaling is hard. However, those who do it, get tremendous results.

If You are Committed and Dedicated to Divorce Your Diet and Improve Your Eating Routines, Behaviors, and Habits, Carry this Journal with You.



Declarations and Affirmations

Declarations and Affirmations are important for weight loss because they work.

To successfully lose weight *and maintain a healthy body weight for life*, you will need to fix the negative self-talk you've been engaging in. The fix for this is simple. Here is how you can do it:

- Identify the negative self-talk you've been using in your life. (It might help to write these down so that you don't forget them.)
- Create positive affirmations around your negative self-talk. The goal here will be to literally "flip" your negative self-talk into positive affirmations.

Here are some examples:

- *"I am losing weight" becomes "I am closer and closer to my ideal weight with each and every day."*
- *"I am not eating junk food or fast food" becomes "Everything I eat heals and nourishes my body which helps me reach my ideal weight."*
- *"I need to eat less" becomes "I eat proper portions."*

Get control over your thoughts, over your words and over yourself. It's going to require consistent work to reverse the psychological damage that negative self-talk causes within us. It won't happen overnight. However, give it enough time and the weight will melt off.

It's important to use the present tense when you create your new positive affirmations because the present tense will make them feel more sincere, authentic, and genuine. This will accelerate your progress. If you use the future tense such as one day or someday, it puts it off. Make it happen now. "I am..."

Throughout this journal are suggested Weight-Reduction Daily Affirmations/Declarations. These are my personal declarations. You can choose which ones you want to adopt as yours or you can create your own. If possible recite your daily affirmations in the morning upon rising and just before going to sleep. Here are a few to start with each day.

1. I am thinning.
2. I eat proper portions. I enjoy using a salad plate instead of a dinner plate.
3. I am living a healthy lifestyle and improve each day.

DAILY PRAYER FOR “I’M THINNING”

Lord [Universe], thank you for blessing my efforts to make better food choices today.

Thank you for helping me to keep the vision of being thinner, lighter, healthier, and fitter.

Thank you for watching over me as I seek to monitor all I eat and drink.

Thank you for helping me to enjoy food and to love and care for myself as I improve my health in a sustainable manner.

Lord [Universe], thank you for giving me energy as I walk more and become fit.

Thank you for guiding me as I strive to improve my health and blessing my thinning efforts with sustainable improved health.

Thank you for helping me this day to make healthy choices and give me the strength to fight against destructive cravings that negatively affect my health.

Thank you for helping me to reject any unhealthy behaviors, routines, and habits that give me false comfort.

Thank you for giving me the grace to be strong and encouraging me to keep pushing forward.

Even though I am not at my ideal weight, I love, accept, and appreciate my body.

Amen.

THE 9 GOLDEN RULES FOR “I’M THINNING”

Based on thousands of hours of research, I have identified nine golden rules of weight-loss for people who love to eat. They are:

1. Drink water.
2. Avoid fake foods.
3. Eat whole foods.
4. Eat slowly.
5. Eat small portions.
6. Sleep more.
7. Rest to digest.
8. Think positive.
9. Walk every day.

Many people, maybe even you, might say, “I know that.” You might know what to do, however, are you doing it? If not, why not? This book is designed for you to start doing what you already know what to do.

Don’t let the simplicity of the nine Golden Rules for “I’m Thinning” fool you; they are game changers.

“My Nutritionist says, ‘If you bite, write it.’ Writing down everything that you put in your mouth really helps. I don’t count a damn calorie. But when I’m really trying to eat healthy, I write everything down. It really holds me accountable and puts me on a healthier path.”

– Tyra Banks

WATER

The Most Important Rule for Weight-loss and Improved Health

HOW MUCH SHOULD I DRINK?

The first rule for overall good health and weight-loss is to drink an adequate amount (a minimum of 64 ounces or more) of pure water each day. However, depending on your body weight, it is recommended you drink one-half of your weight in ounces of water. For example, if you weigh 200 pounds, drink 100 ounces of pure water, which is approximately twelve (12) 8-ounce glasses.

Our bodies are made up of 60 to 70 percent water. Not soda, diet soda, fruit juice, or fruit flavored beverages; pure water.

Do you drink a minimum of 64 ounces of pure water each day?

Probably not. How do I know this?

Because researchers found that more than 75 percent of the U.S. population suffers from chronic dehydration. What this means for you is that seven out of ten people do not drink enough water. If you do nothing else, at least drink more *pure* water.

WHAT TYPE OF WATER SHOULD I DRINK?

Pure water, in my opinion, is distilled water, water processed by reverse osmosis, or spring water. It is not the processed flavored waters. There is debate and dispute as to which is better between distilled water, reverse osmosis water, and spring water. I'll leave it to your preference.

You should drink water at room temperature because it is helpful in soothing and activating your digestive tract, improves circulation, aids in the digestive process, helps relieve constipation, flushes out toxins from your body, and much more. Also, drinking warm water first thing in the morning could jump-start your metabolism.

Cold water, on the other hand, can be detrimental because it can prevent your body from absorbing vitamins, minerals, and other nutrients. Your body's natural temperature is between 98.6- and 100.8-degrees Fahrenheit. When you drink a cold beverage, your body needs to exert a lot of energy to regulate your core temperature. This diverts energy away from the energy needed to digest your food and absorb nutrients. However, some experts believe you should drink cold water after exercising or other strenuous physical activity because it helps lower yourbody's core temperature quicker.



Stories
By Darren Hardy
DarrenDaily, Daily Mentoring with Darren Hardy
March 21, 2022

We are all excellent story tellers. We have a story for everything. We have a story for why we can't lose weight; why we can't stick to our diets; why we can't jog; do push-ups; get up early; eat healthy; exercise regularly; and stay disciplined.

You've heard these stories. I'm big boned. It's bad for my knees. I don't have time. I'm too old. It's impossible when I travel. I deserve a reward. I have PMS. It's fat-free. There are starving children in Africa.

A friend of [Darren Hardy] named Carrie, told [him] a story she heard when she was six months into her pregnancy. Carrie had gained a significant amount of weight. She was, after all, pregnant. And, she started to worry whether she could ever regain her previous figure.

She called up a mom friend and asked, "What really happens with this baby weight after my son is born. Will it go away?"

Her friend replied, "Well, a woman once told me that you keep about 10 pounds per child."

Carrie nearly dropped the phone. The friend's pronouncement deflated her hopes of ever returning to her pre-baby weight and shape.

Later that week, Carrie was at the Spin Studio where she takes fitness classes. Carrie related the 10 pounds per child story to Wendy who was also there to workout.

Wendy said, "That's ridiculous. I've had seven children so I should be 70 pounds overweight? That's just an excuse." Wendy said, "Don't buy that story." Then Wendy added, "It won't be easy or automatic. But, with hard work and time you can get your body back and better."

This mother of seven was indeed a testimonial. She was in terrific shape. Better than most who had never given birth. [Darren Hardy's] friend decided to buy Wendy's story instead of her other friend's.

[Darren] tells you Carrie's story this morning to ask you, "What stories have you bought? What stories have you created and clung on to as a way of excusing yourself from eating right, or exercising regularly, and living a healthy lifestyle? What stories have you created and clung on to as a way of excusing yourself from growing in your career? Increasing your sales? Making more money? Giving your family more focus and undistracted time?"

The only thing keeping you from the body or the life that you want; the energy and vitality that you want; the abundance and freedom that you want; the love and relationships that you want; are the stories that you buy and re-tell yourself and others.

So, starting right now be the exception. And, stop telling yourself stories of limiting beliefs. Start right now by telling us what new story you're going to tell about yourself. Make some notes [below]. What story are you going to tell about who you are and what you are capable of. And, then share that story with [others].

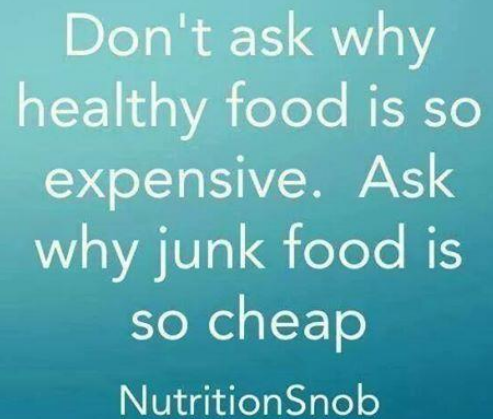
Start living into that new story today. And, hey, help spread the story of the "Better Every Day" movement by sharing today's DarrenDaily with all those you want to be a hero to.

SUGGESTED FOODS TO EAT

(Only if You Enjoy Them)

It's not the food you consume as it is what the food companies have done to the food. Eat what is grown by nature and avoid highly processed and manufactured foods.

1. Steel cut oats and rolled oats – Not Instant Oatmeal
2. Berries such as Blueberries, Strawberries, Raspberries, Blackberries, etc.
3. Ezekiel Bread
4. Pasture Eggs (whenever possible)
5. Avocado
6. Apples, Pears, Plums
7. Legumes
8. Beans
9. Lentils
10. Raw, unsalted nuts such as (Almonds, Walnuts, Pecans, Cashews, etc.)
11. Short Grain Organic Brown Rice
12. Wild Caught Fish – Avoid Farm Raised Fish
13. Quinoa and other grains
14. Cherries
15. Ground Chia Seeds
16. Ground Flax Seeds
17. Green Leafy Vegetables
18. Cabbage
19. Olive Oil
20. Avocado Oil
21. Tofu
22. Raw Cheese
23. Whole Milk Plain Yogurt (Avoid Fruit Yogurts and Processed Cheese)
24. Tuna Packed in Water (Read the Ingredients to make Sure it does NOT include Vegetable Broth)
25. Grass Fed Beef
26. Organic grass-fed Poultry
27. Broccoli
28. Sea Vegetables



Don't ask why
healthy food is so
expensive. Ask
why junk food is
so cheap
NutritionSnob

These are a small fraction of the types of healthy food choices you can eat. There are many more fruits, vegetables, grains, nuts, beans, and other foods grown by nature that are available for you.

FOODS TO AVOID

1. Soda
2. Diet Soda
3. Fruit Juice
4. Fruit Flavored Beverages
5. **ALL** Deli Meats
6. Farm Raised Fish including Atlantic Caught Salmon
7. **ALL** Plant Based Meats (Impossible Burger, Beyond Burger, Beyond Beef)
8. **ALL** Plant Based Chicken
9. Anything Made with Refined Sugar
10. Anything with Artificial Sweeteners
11. Anything Manufactured (Made by a person in a lab coat instead of by Nature)
12. Candy
13. Granola Bars
14. Protein Bars
15. Pretzels
16. Potato Chips
17. Corn Chips
18. Crackers
19. Fried Food
20. Fast Foods (McDonald's, Burger King, Wendy's, Carl's Jr., KFC, Popeyes, Taco Bell, Arby's, etc.)
21. White Bread
22. White Rice
23. Cereals (Cheerios do NOT help to reduce cholesterol. That is a marketing ploy)
24. Pasta
25. Desserts such as Cakes, Cookies, Ice Cream, Pies, etc.
26. Dairy Products (Except Raw Cheese and Whole Milk Plain Yogurt)
27. Popcorn
28. Corn and corn chips
29. Bagels
30. Doughnuts
31. Muffins and other pastries



Sample

Date: 06/10/2022

“You can never own your weight-loss success. You can only rent it. And the rent is due every day in the form of the food and beverage choice you choose to eat and drink.” – David Medansky

Today’s Goal: Drink 64 ounces or more of pure water.
Avoid drinking soda, diet soda, fruit flavored water, or fruit juice.

8 hours of quality **SLEEP?** √ **Y** **N**

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

9 a.m. Two eggs, slice of Ezekiel Bread, one-half
avocado. Ate at kitchen table with family.

11 a.m. Mid-morning snack – Banana. Ate at desk while
working.

Afternoon (Noon to 5 p.m.)

12:30 p.m. Grilled chicken breast, side of fries w/ ketchup. Had lunch with friends at local restaurant.

3 p.m. Mid-afternoon snack – Apple

Evening/Night (5 p.m. to Midnight)

6:30 p.m. Grilled Salmon with baked potato (with butter and sour cream). Ate with spouse at kitchen table.

8:30 p.m. Microwavable popcorn while watching TV.

Physical Activity and/or Exercise:

Notes, Take-Aways, and/or Ah ha Moments:

How did you feel while eating? I felt upset for eating my fries with ketchup. I felt guilty while eating the popcorn after dinner.

Day 1

Date: _____

Weight (Optional) _____

“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.” – Ann Wigmore

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



Every Time You Eat or Drink, Record Answers to These 7 Questions Each Day:

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes, Take-Aways, and/or Ah ha Moments:

Daily Affirmation: *I am an inspiration to others to reduce weight. If I can do it, others can too!*

Day 2

Date: _____

“Every time you eat or drink, you are either feeding disease or fighting it.” – Heather Morgan

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes, Take-Aways, and/or Ah ha Moments:

Day 3

Date: _____

“When you eat for your health, your weight loss journey will take care of itself.” – David Medansky

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I use positive words with myself and others.*

Day 4

Date: _____

“Every human being is the author of his or her own health or disease.”
— Swami Sivananda

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 5

Date: _____

“Many of life’s failures are people who didn’t realize how close they were to success when they gave up.” – Thomas Edison

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes, Take-Aways, and/or Ah ha Moments:

Daily Affirmation: *I am grateful being able to make better food choices.*

Day 6

Date: _____

“For things to improve, you have to improve. For things to get better, you have to get better. For things to change, you have to change. And when you improve, everything in your life improves with you.” – Jim Rohn

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 7

Date: _____

“Change your habits, change your life.”

– Thomas C. Cooley

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *My clothes tell me everything about being thinner. I am thinning.*

Congrats!

You have completed week one. Time for you to review your first week.

1 How many days did you write in your journal? _____
days

2 What was your biggest obstacle or challenge this week?

3 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___



Affirmations Recap

I am thinning.

I eat proper portions. I enjoy using a salad plate instead of a dinner plate.

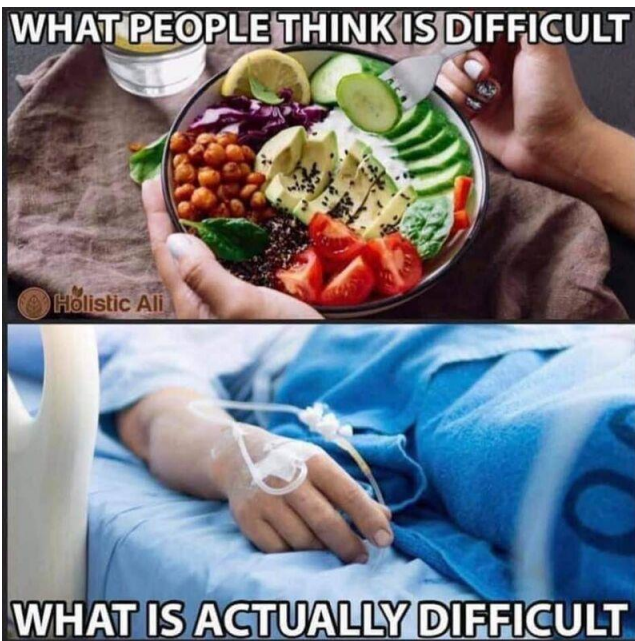
I am living a healthy lifestyle and improve each day.

I am an inspiration to others to reduce weight. If I can do it, others can too!

I use positive words with myself and others.

I am grateful being able to make better food choices.

My clothes tell me everything about being thinner. I am thinning.



Did you know that McDonald's Chicken McNuggets are only 50 percent chicken? The rest is a concoction of fattening corn derivatives, sugars, and completely synthetic, unhealthy chemicals.

Day 8

Date: _____

“The most difficult thing is the decision to act. The rest is merely tenacity.” – Amelia Earhart

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I allow myself to make food choices and decisions for my higher good regardless of what others might say or think.*

Day 9

Date: _____

“What is important to remember is that you will never change your weight and improve your health until you change your daily eating habits. The secret of your weight-loss success is found in your daily eating routines.” – David Medansky

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 10

Date: _____

“If you don’t like the road your walking, start paving a new one.”
– Dolly Parton

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *My healthy eating habits make me smile with pride.*

Day 11

Date: _____

“Any thing in life is possible and you can make it happen.”

– Jack Lalanne

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 12

Date: _____

“Fitness is like marriage. You can’t cheat on it and expect it to work.”
– Bonnie Pfister

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am resolved to thinning myself in a healthy manner.*

Day 13

Date: _____

“The people you surround yourself with influence your behaviors, so, choose friends who have healthy habits.”— Dan Buettner

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 14

Date: _____

“You must learn a new way to think before you master a new way to eat.” – Karen Salmansohn

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am thinning to obtain my ideal weight.*

Congrats!

You have completed week two. Time for you to review your second week.

1 How many days did you write in your journal? _____
days

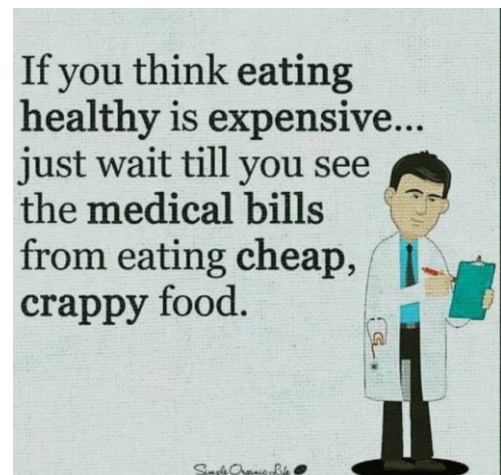
2 What was your biggest obstacle or challenge this week?

3 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

4 Did you recite your affirmations out loud this week?

Yes ___ No ___



Affirmations

I am thinning.

I eat proper portions. I enjoy using a salad plate instead of a dinner plate.

I am living a healthy lifestyle and improve each day.

I am an inspiration to others to reduce weight. If I can do it, others can too!

I use positive words with myself and others.

I am grateful being able to make better food choices.

My clothes tell me everything about being thinner. I am thinning.

I allow myself to make food choices and decisions for my higher good regardless of what others might say or think.

My healthy eating habits make me smile with pride.

I am resolved to thinning myself in a healthy manner.

I am thinning to obtain my ideal weight.

I have the power to control my weight. I have a strong urge to eat healthy foods and forego processed and manufactured foods.

Never Go Grocery Shopping When You Are Hungry!

Never go grocery shopping when you are hungry because I noticed that when I go to the grocery store when I am hungry I tend to buy food or things that I know are not good for me. Yet, when I shop for groceries when I am not hungry I never buy that stuff.

Day 15

Date: _____

“Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you’ve met your New Year’s resolution.” – Jay Leno

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I have the power to control my weight. I have a strong urge to eat healthy foods and forego processed and manufactured foods.*

Day 16

Date: _____

“Whoever snuck the “S” in FAST FOOD was a clever marketer.

– Dr. David Friedman, N.D., D.C.

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 17

Date: _____

“If you think in negative terms, you will get negative results. If you think in positive terms, you will achieve positive results.”

– Dr. Norman Vincent Peale

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I use positive words with myself and others.*

Day 18

Date: _____

“You can either have results or excuses. Not both.”

– Arnold Schwarzenegger

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 19

Date: _____

“Success is on the other side of your comfort zones.”

– Orin Woodward

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am grateful being able to make better food choices.*

Day 20

Date: _____

“The most powerful medicine is at the end of your fork, not at the bottom of your pill bottle. Food is more powerful than anything in your medicine cabinet.” – Dr. Mark Hyman

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 21

Date: _____

“Do what is easy, and your life will be hard. Do what is hard and your life will become easy.” – Les Brown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *My clothes tell me everything about being thinner. I am thinning.*

Congrats!

You have completed week three. Time for you to review your third week.

1 How many days did you write in your journal? _____
days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

Commitment, according to Darren Hardy, is defined as,
“Doing the thing you said you were going to do long after the mood you said it in has left you.”

The Dreaded Weight Plateau

When people follow a diet and exercise plan, they may start to lose weight at a steady rate. Eventually, however, every person will reach a weight loss plateau. When it happens depends on the individual. One person might reach a weight loss plateau after a few weeks, some may go as long as six months. When a person reaches a weight loss plateau, they will no longer lose any weight, despite following a eating healthy and following a fitness regimen.

It can be confusing and discouraging for those consistently building healthy habits around diet, exercise, sleep, and stress, to see your weight going down steadily for a period of time and then remaining the same or slightly increasing.

The ideal thinning process will be phased with periods of weight loss and weight maintenance until you reach your weight goal. Let's recap the dieting journey many of us have taken in the past: In the first few weeks after making lifestyle changes, we tend to lose weight very quickly. However, after a few weeks, we might notice the scales come to a complete standstill or the numbers even start to creep back up. And finally, we get angry and quit.

Yet, the stalling part, or the 'plateau', is so important – the scales aren't moving because our body is adjusting to change. Your body is establishing a new set point. Also, if you are exercising or doing a lot of physical activity you are probably replacing fat with muscle. Muscle and fat weigh the exact same. Five pounds of muscle weighs the same as five pounds of fat. However, muscle is denser and takes up less space. So, while the scale might not be moving, your clothes will be looser. This is an indication what you are doing is working. Don't let the scale lie to you.

Recap

- A weight-loss plateau is a period of 'stalling' or even weight gain on our weight loss journey
- No healthy, sustainable weight loss journey is linear and the plateaus are important for long-term weight loss

- ‘Set-point theory’ explains why it’s important to allow time for our body to ‘reset’ before we can continue losing weight again
- Everyone has a unique set-point weight and going below this weight is extremely challenging
- A weight-loss plateau doesn’t mean our healthy lifestyle changes aren’t working
- The weight maintenance phase, or weight loss plateau, is essential to allow our body time to adapt
- It’s possible to lower our set-point weight over time
- After reaching your set-point weight plateau, your body will respond like that’s the ‘new normal’, which means you can begin losing weight again if you want or need to
- A plateau can last anywhere between eight to twelve weeks, but it also varies on an individual level and it’s important we maintain our healthy habits during this time.

If you're committed to losing more weight, try these tips for getting past the plateau:

- 1. Apple Day** – For an apple day, you will drink water and eat only five (5) apples throughout the day. Eat your first apple at 11 a.m. and then every two hours thereafter. In other words, eat an apple at 11 a.m., 1 p.m. 3 p.m. 5 p.m. and 7 p.m.
If you are a female you should shed between 1 and 4 pounds the next day. If you are a male you should shed between 2 and 5 pounds the next day. Every person is different.
- 2. Steak Day** – For a steak day, you will eat a 4-ounce to 6-ounce steak at between 11 a.m. and 1 p.m. and between 5 p.m. and 6 p.m. and nothing else, except your water. If you are a female you should shed between 1 and 4 pounds the next day. If you are a male you should shed between 2 and 5 pounds the next day. Every person is different.

Affirmations

I am thinning.

I eat proper portions. I enjoy using a salad plate instead of a dinner plate.

I am living a healthy lifestyle and improve each day.

I am an inspiration to others to reduce weight. If I can do it, others can too!

I use positive words with myself and others.

I am grateful being able to make better food choices.

My clothes tell me everything about being thinner. I am thinning.

I allow myself to make food choices and decisions for my higher good regardless of what others might say or think.

My healthy eating habits make me smile with pride.

I am resolved to thinning myself in a healthy manner.

I am thinning to obtain my ideal weight.

I have the power to control my weight. I have a strong urge to eat healthy foods and forego processed and manufactured foods.

Day 22

Date: _____

“First we make our habits, then our habits make us.”
– Charles C. Noble

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am grateful, appreciative, and happy to be reducing weight – I am thinning.*

Day 23

Date: _____

“People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food.”

– Wendell Berry

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 24

Date: _____

“Your health is an investment, not an expense.”
– Unknown

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am grateful to be living a healthy lifestyle and improving each day.*

Day 25

Date: _____

“If you don’t make time for your wellness, you will be forced to make time for your illness.” – Unknown

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



Every Time You Eat or Drink, Record Answers to These 7 Questions Each Day:

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 26

Date: _____

“When it comes to eating right and exercising, there is no, 'I'll start tomorrow.' Tomorrow is disease.” — V.L. Allineare

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 27

Date: _____

"A man too busy to take care of his health is like a mechanic too busy to take care of his tool." —Spanish Proverb

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 28

Date: _____

“Health is like money because you never know its true value until you lose it.” – Unknown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week four. Time for you to review your fourth week.

1 How many days did you write in your journal? ____ days

2 What worked this week?

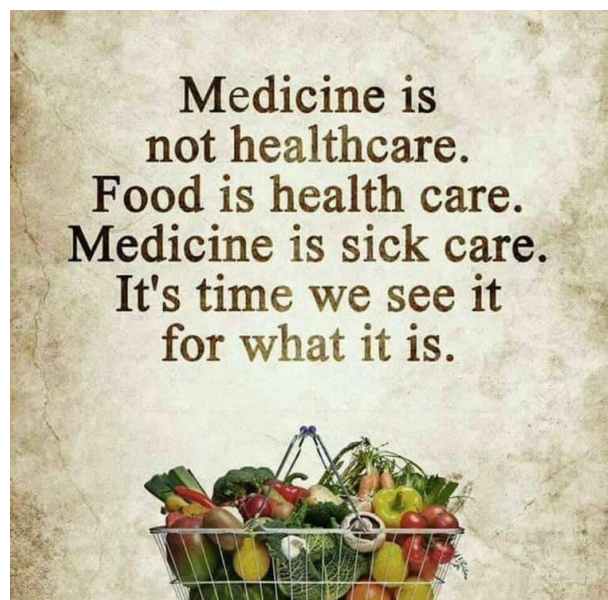
3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes __ No __

5 Did you recite your affirmations out loud this week?

Yes __ No __



YOU ARE BETTER THAN THAT! - KEEP MOVING FORWARD

In the movie *Rocky Balboa* (2006) Rocky tells his son, “Let me tell you something you already know. The world ain’t always sunshine and rainbows. It’s a very mean and nasty place. And I don’t care how tough you are. It will beat you to your knees and keep you there permanently if you let it. You, me, and nobody is going to hit as hard as life. But it ain’t about how hard you hit, it’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That’s how winning is done...

“You got to be willing to take the hits and not pointing fingers saying you ain’t where you want to be because of him or her or anybody. Cowards do that and that ain’t you. You’re better than that!

“Until you start believing in yourself, you ain’t going to have a life.”

Paraphrasing Rocky, “Stop pointing fingers saying you are not the weight you want to be because of him, her, or anybody. You choose what you put in your mouth. You decide what you are going to eat, where you’re going to eat, when you’re going to eat, and how fast you will eat. Until you make a commitment to improve your eating habits, you’re never going to shed those excess pounds. You are better than that!”

Day 29

Date: _____

“There is no such thing as junk food. There is junk. And there is food.” – Dr. Mark Hyman

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 30

Date: _____

“You cannot enjoy wealth if you are not in good health.”

– Anonymous

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 31

Date: _____

“You can’t fix your health until you fix your diet.”

– Unknown

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 32

Date: _____

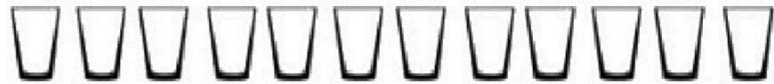
*“There is more than one path to losing weight.
Make sure you are on the right path for you.”*

- David Medansky

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 33

Date: _____

“The battle with maintaining a healthy weight dictates that it must be fought every day.. ” — David Medansky

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 34

Date: _____

"A little progress each day adds up to big results."

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 35

Date: _____

“There is no diet that will do what healthy eating does.” – Unknown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week five. Time for you to review your fifth week.

1 How many days did you write in your journal? _____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

*"The Pharmaceutical industry **DOES NOT** create cures, they create customers."*



AFFIRMATIONS

I am thinning.

I eat proper portions. I enjoy using a salad plate instead of a dinner plate.

I am living a healthy lifestyle and improve each day.

I am an inspiration to others to reduce weight. If I can do it, others can too!

I use positive words with myself and others.

I am grateful being able to make better food choices.

My clothes tell me everything about being thinner. I am thinning.

I allow myself to make food choices and decisions for my higher good regardless of what others might say or think.

My healthy eating habits make me smile with pride.

I am resolved to thinning myself in a healthy manner.

I am thinning to obtain my ideal weight.

I have the power to control my weight. I have a strong urge to eat healthy foods and forego processed and manufactured foods.

I am grateful to be living a healthy lifestyle and improving each day.

I am grateful, appreciative, and happy to be reducing weight – I am thinning.

My clothes tell me everything about being thinner. I am thinning.

Day 36

Date: _____

*“You will never be criticized by someone who is doing more than you.
You’ll always be criticized by someone doing less. Remember that.”*

– Denzel Washington

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 37

Date: _____

“Before you do, you need to know what to do and how to do.”

- Unknown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 38

Date: _____

“Do what you HATE to do, but do it like you LOVE it.”

– Mike Tyson

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 39

Date: _____

“You must unlearn what you have learned.” – Yoda

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 40

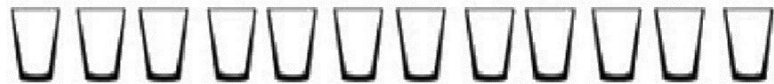
Date: _____

“I believe the greatest gift you can give your family and the world is a healthier you.” — Joyce Meyer

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 41

Date: _____

"Here's the honest truth about people who judge you: They're trying to discourage you so that you feel as bad as they do. That's their problem. Don't make it yours by letting what they say impact what you do." —Mel Robbins

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 42

Date: _____

“Doubts kill more dreams than failure ever will.”

– Suzy Kassem

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week six. Time for you to review your sixth week.

1 How many days did you write in your journal? _____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___



Affirmations

I am thinning.

I eat proper portions. I enjoy using a salad plate instead of a dinner plate.

I am living a healthy lifestyle and improve each day.

I am an inspiration to others to reduce weight. If I can do it, others can too!

I use positive words with myself and others.

I am grateful being able to make better food choices.

My clothes tell me everything about being thinner. I am thinning.

I allow myself to make food choices and decisions for my higher good regardless of what others might say or think.

My healthy eating habits make me smile with pride.

I am resolved to thinning myself in a healthy manner.

I am thinning to obtain my ideal weight.

I have the power to control my weight. I have a strong urge to eat healthy foods and forego processed and manufactured foods.

I am grateful to be living a healthy lifestyle and improving each day.

I am grateful, appreciative, and happy to be reducing weight – I am thinning.

My clothes tell me everything about being thinner. I am thinning.

Day 43

Date: _____

“The man [woman] who moves a mountain begins by carrying away small stones.” – Confucius

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 44

Date: _____

“You will find that you don’t need to trust others as much as you need to trust yourself to make the right choices.”

– Don Miguel Ruiz

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 45

Date: _____

“If you snack it, track it.”

– Unknown

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 46

Date: _____

“It is not about being perfect. It is about effort. Do that every single day and you will get to your goal.” – Julian Michaels

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 47

Date: _____

“Be stronger than your excuses.”

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 48

Date: _____

"Success is nothing more than a few simple disciplines practiced every day." – Jim Rohn

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 49

Date: _____

“Don’t count the days. Make the days count.” – Muhammed Ali

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week seven. Time for you to review your seventh week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

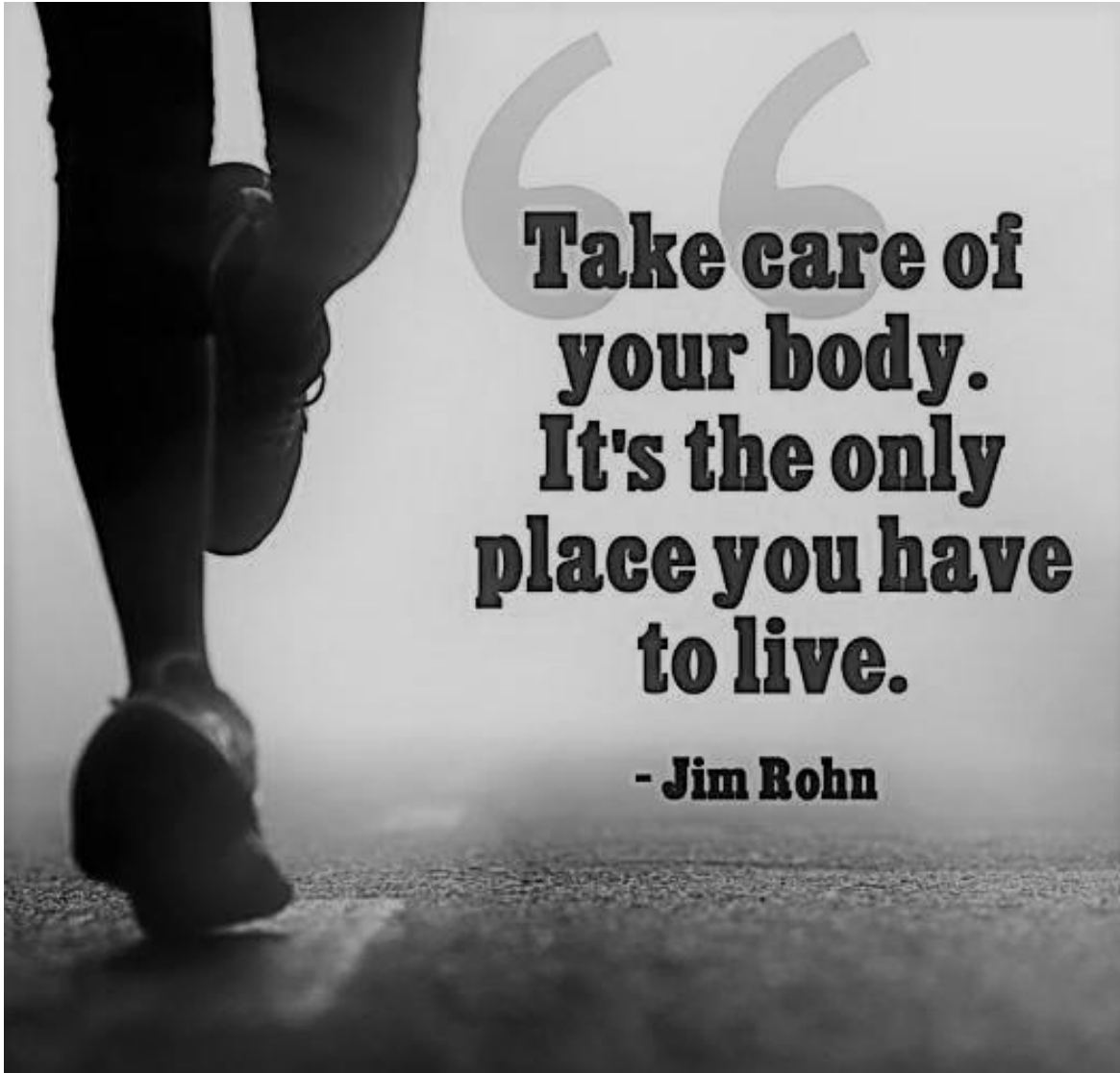
3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___



Day 50

Date: _____

“If you’re tired of starting over, stop giving up.”
– Shia Labeouf

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 51

Date: _____

“Motivation is what gets you started. Habit is what keeps you going.”

– Jim Rohn

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 52

Date: _____

"You don't have to eat less you just have to eat less."
– Common Sense Wisdom

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Daily Affirmation: *I am grateful to be living a healthy lifestyle and improving each day.*

Day 53

Date: _____

“Nobody is going to do your life for you. You have to do it yourself.” –
Cheryl Strayed

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 54

Date: _____

“Life isn’t about finding yourself. Life is about creating yourself.”

— George Bernard Shaw

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 55

Date: _____

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." —Aristotle

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 56

Date: _____

“Don’t tell me what you did yesterday or what you’re going to do tomorrow, show me what you’re going to do today.” – David Medansky

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week eight. Time for you to review your eighth week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

*“Nothing binds you
except your **thoughts**;
nothing limits you
except your **fear**; and
nothing controls you
except your **beliefs**.” –*

**Marianne
Williamson**

Image by [skeeze](#) from [Pixabay](#)



Do Only What You Can Do

Do only what you can do. No one can eat healthy for you. You cannot pay anyone to eat healthy foods for you. No one can drink pure water for you. There is no amount of money you can pay someone to do only what you can do when it comes to you to consuming food and drinking water. This is something only you can do for yourself.

Day 57

Date: _____

“Doing your best is more important than being the best.”

– Zig Ziglar

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 58

Date: _____

“Make sure your worst enemy doesn’t live between your own two ears.”
– Laird Hamilton

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 59

Date: _____

“It is better to offer no excuse than a bad one.”
– George Washington

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 60

Date: _____

“Strength is the ability to break a chocolate bar into four pieces with your bare hands and then eat just one of those pieces.” –

Judith Viorst

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 61

Date: _____

“Positive action can change every negative situation.”

— Darren Hardy

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 62

Date: _____

"You can never own your good health. You can only rent it. And the rent is due every day in the form of the food and beverages we choose to eat and drink. It comes down to the choices you make."

- David Medansky

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 63

Date: _____

“You can’t go back and change the beginning. But, you can start where you are and change the ending.” – C.S. Lewis

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week nine. Time for you to review your ninth week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

REMINDER

The reasons why I'm choosing to eat healthy:

1. That cute pair of shorts that don't fit me anymore
2. More energy
3. Better sleep quality
4. Overall feeling of wellbeing
5. Glowing skin / less acne
6. To get rid of my stomach problems
7. Healthier teeth and gums
8. Increased confidence
9. Decreased health risks
10. To enjoy life more
11. Because I care about myself and my body!!



Day 64

Date: _____

"If it came from a plant, eat it. If it was made in a plant, don't."

– Michael Pollan

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 65

Date: _____

“One step in the right direction is worth 100 years of thinking about it.”— T. Harv Eker

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 66

Date: _____

"Your actions speak so loudly I cannot hear what you are saying."

- Ralph Waldo Emerson

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 67

Date: _____

“Your life comes down to your decisions. If you change your decisions, you’ll change your life.” – Mel Robbins

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 68

Date: _____

“If you don’t have the time to do it right, when will you have the time to do it over?” – John Wooden

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



Every Time You Eat or Drink, Record Answers to These 7 Questions Each Day:

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 69

Date: _____

“Procrastination is a silent killer.”

— Traci Bogan

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 70

Date: _____

"If we wait until we're ready, we'll be waiting for the rest of our lives."
- Lemony Snicket

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week ten. Time for you to review your tenth week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

Day 71

Date: _____

“Sometimes the Universe tests you the most when you are near a new chapter.” – Common Sense Wisdom

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 72

Date: _____

“One day you will wake up and there won’t be any ore time to d the things you’ve always wanted to do. Do it now.”

— Paulo Coelho, Author, *The Alchemist*

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 73

Date: _____

"Play for the long run. Do the hard things."

- Hari Ravichandran

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 74

Date: _____

“Don’t give up on the person you are becoming.”

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 75

Date: _____

“Nothing is impossible. The word itself says, I’m possible.”

– Audrey Hepburn

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 76

Date: _____

“A healthy life means a happy life. A happy life means a healthy life.” — Melanie K. Koulouris

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 77

Date: _____

"Love yourself to live a healthy lifestyle."

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week eleven. Time for you to review your eleventh week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

Day 78

Date: _____

“Every small positive change we make in ourselves repays us in confidence in the future.” – Alice Walker

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 79

Date: _____

“Exercise is king. Nutrition is queen. Put them together and you have a Kingdom.”— Jack Lalane

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 80

Date: _____

"Here is to a year of better habits, positive thinking, clean eating, and most of all, loving yourself." - Unknown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



Every Time You Eat or Drink, Record Answers to These 7 Questions Each Day:

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 81

Date: _____

“Mindful eating is eating with intention and being present to the sensations your body is experiencing while you eat the food.”

– Amy Leigh Mercree

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 82

Date: _____

“One day you will tell your story of how you’ve overcome what you are going through now, and it will become part of someone else’s survival guide.”

Today’s Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

Every Time You Eat or Drink, Record Answers to These 7 Questions Each Day:

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 83

Date: _____

“The greatest wealth is health.”

— Virgil, Roman Poet

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 84

Date: _____

"Healthy isn't a goal. It's a way of living."

- Unknown

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week twelve. Time for you to review your twelfth week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

Day 85

Date: _____

“It is never too early or too late to works towards being the healthiest you.” – Common Sense Wisdom

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 86

Date: _____

“A healthy lifestyle not only changes your body; it changes your mind, your attitude, and your mood.” — Anonymous

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water! 

**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 87

Date: _____

"Health is a relationship between you and your body."

- Terri Guillemets

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 88

Date: _____

“Focus on Health, not weight.”

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 89

Date: _____

“Health is a matter of choice. Not a mystery of chance.”
— Aristotle

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 90

Date: _____

“Health requires healthy food.” — Roger Williams

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Day 91

Date: _____

Weight (Optional) _____

"If you keep good food in your fridge, you will eat good food."
- Errick McAdams

"If you keep healthy food in your refrigerator you will eat healthy food."

Today's Goal: _____

8 hours of quality SLEEP? __ Y __ N

Drink Water!



**Every Time You Eat or Drink, Record
Answers to These 7 Questions Each Day:**

1. **When** did you eat (What time of day?)
2. **Why** did you eat?
3. **What** did you eat?
4. **Where** did you eat?
5. **How much** did you eat?
6. **Who were you with** when you ate?
7. **What were you doing** while eating?

IF YOU EAT OR DRINK IT, RECORD IT!

Morning (6 a.m. to Noon)

Afternoon (Noon to 5 p.m.)

Evening/Night (5 p.m. to Midnight)

Physical Activity and/or Exercise:

Notes and/or Ah ha Moments:

Congrats!

You have completed week thirteen. Time for you to review your thirteenth week.

1 How many days did you write in your journal?
_____ days

2 What worked this week?

3 What didn't work as well this week?

4 Did you drink plenty of water (64 ounces or more) this week?

Yes ___ No ___

5 Did you recite your affirmations out loud this week?

Yes ___ No ___

CONGRATULATIONS!

YOU DID IT. YOU FINISHED 91 DAYS.

Be proud of what you have accomplished. This is not the end of your journey. This is the beginning of a new lifetime lifestyle.

If you have suggestions on how to improve it, or what I can change or add to make it more useful, particularly to you, please don't hesitate to contact me at **davidmedansky@gmail.com**.

I would be happy to consider how to apply your suggestions to this journal's next edition.

Thank you for purchasing *Stop Dieting Start Thinning Daily Journal*.

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(Optional)

After Photo



"POOR SCHMUCK, BOUGHT THAT HEALTH FOOD THING
HOOK, LINE, AND SINKER."