

KEEP WELLNESS SIMPLE™

WEIGHT LOSS BOOT CAMP JOURNAL

REFLECT • RESET • BUILD HABITS THAT LAST

Your companion for the complete 6-class program

Use this journal to capture what you notice, what you learn,
and the simple actions you want to carry forward.

Dr. Sabrina Russ, PharmD, BCGP, NBC-HWC



Welcome to the KWS Weight Loss Boot Camp!

A personal note from Dr. Sabrina Russ

Reflect • Notice • Choose One Simple Step • Keep Moving Forward

I'm so glad you're here.

This program was created to help you move beyond quick fixes and begin building a healthier relationship with food, your body, and your everyday wellness habits.

As you move through the six classes, I encourage you to use this journal to pause, reflect, and pay attention to what your body is telling you. You don't have to change everything at once. Instead, focus on the simple steps that feel realistic and sustainable for you.

Use these pages to capture what you learn, notice patterns, celebrate progress, and choose one action at a time that you can carry into your everyday life.

Remember, this journey isn't about perfection. It's about becoming more aware and making intentional choices that support the healthier life you want to create.

Simple Steps. Real Results. Lasting Wellness.™

With wellness in mind,

Dr. Sabrina Russ, PharmD, BCGP, NBC-HWC

Keep Wellness Simple™



Before You Begin

Set your intention before starting the Weight Loss Boot Camp.

This boot camp is designed to help you reconnect with your body, build awareness, and create sustainable habits you can carry forward. There is no perfection required - only presence and progress.

My intention for this boot camp is:

What I hope to feel different by the end of this program:

One habit or pattern I'm ready to release:

One habit I'm open to building:

Start where you are. Small, intentional steps count.

Class 1 Reflection

CLASS 1 OF 6 • Notice what stands out and choose one simple action.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Awareness is the first step toward meaningful change.

Class 2 Reflection

CLASS 2 OF 6 • Build awareness around food, nourishment, and daily choices.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Nourishment is about what you add, not only what you remove.

Class 3 Reflection

CLASS 3 OF 6 • Look closely at ingredients, additives, and what your body is telling you.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Read, notice, choose - one decision at a time.

Class 4 Reflection

CLASS 4 OF 6 • Turn awareness into practical choices you can repeat.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Progress grows from simple actions practiced consistently.

Class 5 Reflection

CLASS 5 OF 6 • Connect healthy eating with the bigger picture of wellness.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Healthy habits should support your life, not overwhelm it.

Class 6 Reflection

CLASS 6 OF 6 • Bring it all together and decide what you want to continue.

KEY TAKEAWAY FROM THIS CLASS

ENERGY CHECK-IN

Low

High

1 2 3 4 5

DIGESTION OR BODY CUES I NOTICED

ONE ACTION I'M COMMITTING TO

AFTER WATCHING THIS CLASS

Reflect → Choose one action → Practice it before moving forward

Your journey continues with the habits you choose to keep.

My Wellness Takeaways

Use this page to capture what you want to carry forward.

WHAT I LEARNED ABOUT MYSELF

WHAT I WANT TO CONTINUE

MY NEXT SIMPLE STEP

A NOTE TO MY FUTURE SELF

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