DATE

Food journal

HOURS SLEPT

MOVEMENT

TIME	WHAT I ATE AND DRANK	HUNGER 1 TO 5	AFTER, I FELT

WATER, A GLASS A BOX

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

WHAT WENT WELL

TOMORROW I WANT TO

DATE

Week, reviewed

WHAT WENT WELL THIS WEEK

PATTERNS I NOTICED

A MEAL I ENJOYED

ONE THING TO TRY NEXT WEEK

WEIGHT OR MEASURE, IF YOU TRACK ITENERGY THIS WEEK