

DAILY HABIT JOURNAL

HealthyWeightLossChoices.com

THOUGHT FOR THE DAY:

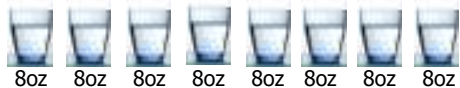
DATE: _____

MAKE A HABIT

BREAK A HABIT

FOR THE NEXT 30 DAYS I WILL COMMIT TO:

Hydration goals:



Water Total



Fruit/Veg Total

MEAL PLAN

MEAL ACTUAL

Meal 1	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 1	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			
Meal 2	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 2	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			
Meal 3	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 3	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			
Meal 4	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 4	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			
Meal 5	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 5	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			
Meal 6	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____	Meal 6	<input type="checkbox"/> am	<input type="checkbox"/> pm	_____
_____				_____			
_____				_____			

EXERCISE PLAN:

EXERCISE ACTUAL:



Stretching _____
Cardio _____
Strength training _____
Walking _____
Other _____

Stretching _____
Cardio _____
Strength training _____
Walking _____
Other _____

Calorie Intake

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Calorie Output

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