



*A Better Me*

Week \_\_\_\_\_ Day \_\_\_\_\_ Weight \_\_\_\_\_

1. I will do this today.
2. I will eat breakfast and portions of food are no larger than my fist.
3. I will not eat after 8:00 pm.

Check off each food item as they are consumed.

Protein \_\_\_\_\_ (1 egg, 3 oz fish, chicken, meat)

Vegetable \_\_\_\_\_ (Dark green veggies are best)

Starch \_\_\_\_\_ (limit white flour and sugar)

Dairy \_\_\_\_\_ (Low, no fat)

Fat \_\_\_\_\_ (Salad dressings, peanuts, butter)

Snack bars \_\_\_\_\_

Water \_\_\_\_\_  
\_\_\_\_\_

Today, I feel or think: \_\_\_\_\_

I intend to: \_\_\_\_\_  
\_\_\_\_\_

One thing I could do today that will make another person happy:  
\_\_\_\_\_

Random act of kindness: \_\_\_\_\_

I am grateful for: \_\_\_\_\_ and \_\_\_\_\_

*Today's Goals*

*Read*  
\_\_\_\_\_

*Learn* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Call*  
\_\_\_\_\_  
 *Notes*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Warm up walk, 3 minutes*

*Power walk, 20 minutes*

*Slow down, 3 minutes*

*Tone Muscles*  
 \_\_\_\_\_  
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