

MY  
*Tracker*



MINDSET™



# ARE YOU READY 2B *On Track?*

As you'll see in the 2B Mindset™ videos, tracking and planning are the keys to reaching your goals. As you track your progress, you'll become aware of the behavior patterns that help contribute to your weight loss. The more detail you put into your tracker, the more helpful it will be. Make your entries and refer back to them daily and you'll soon see that you're actually writing your own weight-loss guidebook!

Keep in mind, there is no right or wrong way to plan and track. So, whether you like to "wing it" day to day or if you prefer the "details, details, details" approach, we created this book to help make planning and tracking as easy as possible for you.

## HERE'S A SUMMARY OF THE TOOLS YOU'LL FIND ON THE FOLLOWING PAGES:

### ▶ MY GOALS:

Go here to set your goals and document your starting weight (and your measurements too). We encourage you to take a few minutes before beginning the program to complete this page—and be sure to take a photo of yourself!

### ▶ MY WEEK AT A GLANCE:

Whether you like to plan out exactly what you will eat all week long—or prefer to take it day by day—putting some effort into planning will benefit your weight loss. Take a few minutes to jot down as much info as you think you need to help make each week a weight-loss week.

### ▶ GROCERY LIST:

Ilana wants you to go shopping with a plan in place, so you only get the food you need to help keep your eating on track!

### ▶ DAILY TRACKING PAGES:

Here's where you'll track your weight, water, and everything you eat and drink each day.



Check off every time you drink a full 2B Mindset water bottle (30 fl. oz./888 mL) throughout the day. If using your own bottle, record total ounces of water consumed.



A diet high in fiber can help keep you regular and it can also help you lose weight by making you feel full longer.

### ▶ FOOD LISTS:

Build your Plate It! meals with suggestions from each of the food groups.

# MY GOALS with the 2B Mindset

Setting goals is so important. Maybe you're doing this to lose weight, to learn how to eat better and simply improve your overall health and well-being. Any reason is a perfect reason so you can be the best version of you possible—for yourself and your loved ones!

So take your time filling this in and refer back to it during your journey to keep your goals top of mind.

MY NAME IS: \_\_\_\_\_

MY CURRENT WEIGHT IS: \_\_\_\_\_ MY GOAL WEIGHT IS: \_\_\_\_\_



MY GOALS:

*I am committed to being the me I am meant 2B.*

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

# MEASUREMENT *Tracker*

## JOT DOWN YOUR STATS

The scale is a great tool for giving you insight on how you're doing, but it's still important to track all of your measurements so you can see the whole picture and really understand your progress.



CHEST

R. ARM

L. ARM

WAIST

HIPS

L. THIGH

R. THIGH



**REMEMBER TO TAKE  
YOUR *before* PHOTOS!**

**SHARE YOUR PHOTOS AND VIDEOS WITH US**



/Beachbody2Bmindset



@2Bmindset #2Bmindset

# Here's a sample of how Ilana plans her week

## MY WEEK AT A GLANCE

*This week I want to be:*

Organized, prepared and calm throughout my super busy schedule and see 118.9 by the end of the week!

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MONDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water + Snackable veggies
LUNCH	Mix & Match freezer staples @ office	DINNER	Honey Mustard Salmon with Roasted Veggies

**NOTES, APPOINTMENTS, & ACTIVITIES**

8:30 AM—Olivia to school

9:00 AM—yoga \*go to bank after

11:00- 4:00 PM—Client sessions \*grocery shopping

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TUESDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water + Hot tea, lots of talking today!
LUNCH	Crunchy Tuna Salad Over Sweet and Tangy Slaw	DINNER	Turkey Meatballs over Zoodles Marinara

**NOTES, APPOINTMENTS, & ACTIVITIES**

8:30 AM—Olivia to school

9:00-12:00 PM—Talk with teens on nutrition

1:00 PM- 4:00 PM—meetings @ Beachbody HQ

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WEDNESDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water, veggies + string cheese (need to stay full till dinner!)
LUNCH	Mix & Match freezer staples @ office	DINNER	Date night with Noah @ 7 PM!

**NOTES, APPOINTMENTS, & ACTIVITIES**

8:30 AM—Olivia to school

9:00 AM—yoga

11:00-2:00 PM—Client sessions

3:00 PM—Dr. appointment \*pick up veggie platter for party tomorrow

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# and here's how Ilana tracks her day!

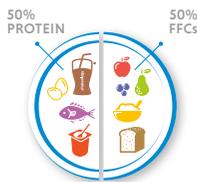
## MY DAY

4/12      120      down  
 DATE      WEIGHT      TOTAL LOSS      HRS. 🕒

CURRENT MINDSET: Feeling great!  
I'm losing weight, I got this.  
119—I'm coming for you!

### WATER FIRST!

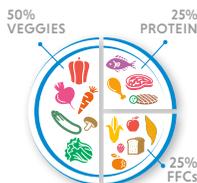
GOAL 60 OZ./ML      TOTAL 120 OZ./ML



### BREAKFAST\*

MEAL TIME: 8 am

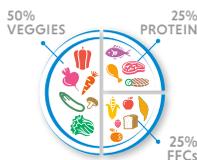
Lots of water and large cup of coffee, stevia packet, splash of unsweetened almond milk  
Almond Madness Shakeology: chocolate Shakeology blended w/ unsweetened almond milk, ice, power greens boost, digestive boost, 1/2 banana 1 Tbsp. almond butter



### LUNCH\*

MEAL TIME: 1 pm

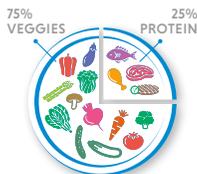
Water!  
2 turnips worth of "fries" with marinara  
open-faced turkey burger on 1/2 whole wheat bun with 1/4 mashed avocado and mustard



### SNACK(TIONAL)\*

MEAL TIME: 3 pm

Water and apple cinnamon tea with a splash of unsweetened almond milk. Still full from lunch!



### DINNER\*

MEAL TIME: 6:30 pm

water, water, water! Cauliflower fried rice:  
1 bag cauli-rice, splash of reduced sodium soy sauce,  
2 tsp. toasted sesame oil, 1/2 cup carrots  
2 skinless roasted chicken thighs  
Handful of cherry tomatoes

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: Stayed on my mat 10 min. past the yoga class to rest and stretch

EXERCISE EXTRA CREDIT: Yoga class

WHY TODAY WAS GREAT: I'm dinner and done,  
feel satisfied and excited to weigh-in tomorrow!

🐛 TODAY?  
 YES  NO

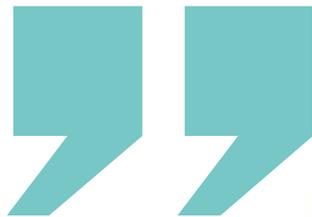
The background features a repeating pattern of stylized illustrations. On the left, there are blue-toned items including a large carrot, a tomato, a water bottle, a chili pepper, and another water bottle. On the right, there are green-toned items including a carrot, an eggplant, a water bottle, a chili pepper, a bunch of asparagus, a water bottle, a leafy vegetable, a mushroom, and another leafy vegetable. Small water droplets are scattered throughout the design.

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*Water First*



# *Veggies Most*



They help keep you full and satisfied so you can make better food choices throughout the day!

# MY WEEK AT A GLANCE

*This week I want to be:*

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MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**THURSDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**FRIDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**SATURDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**SUNDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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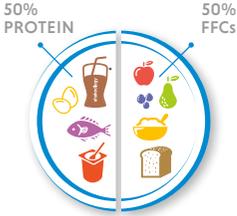
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

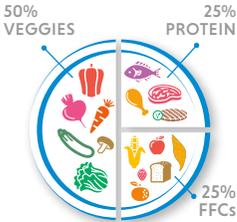
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

MEAL TIME: \_\_\_\_\_

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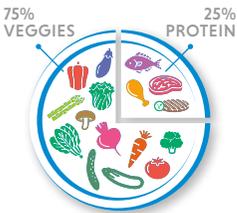
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
 YES  NO

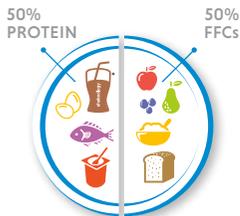
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**WATER FIRST!**

GOAL \_\_\_\_\_ OZ./ML    TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

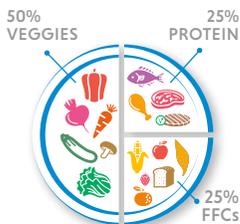
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

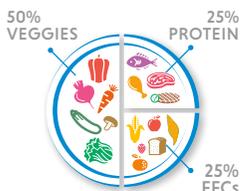
MEAL TIME: \_\_\_\_\_

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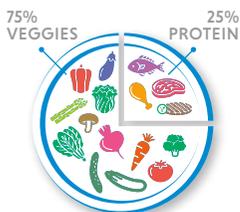
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧻 TODAY?  
 YES  NO

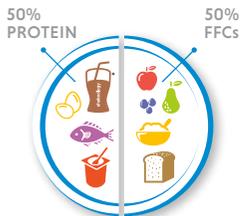
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML				
🚰				🚰	🚰	🚰	🚰



## BREAKFAST\*

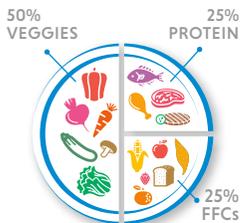
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

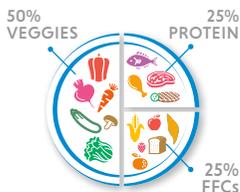
MEAL TIME: \_\_\_\_\_

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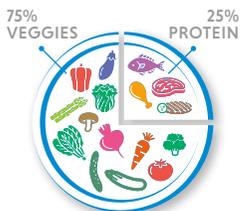
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_



## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?

YES  NO

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

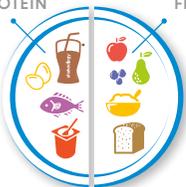
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

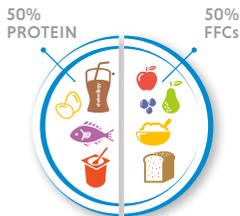
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

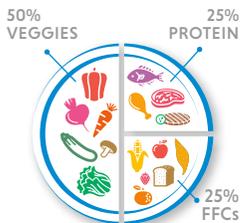
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

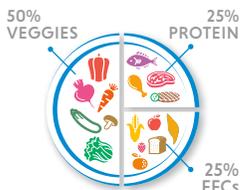
MEAL TIME: \_\_\_\_\_

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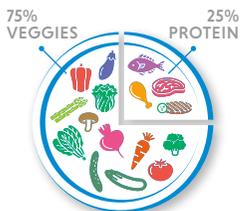
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

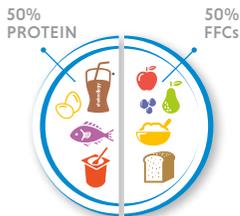
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

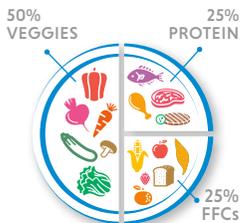
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

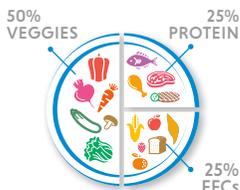
MEAL TIME: \_\_\_\_\_

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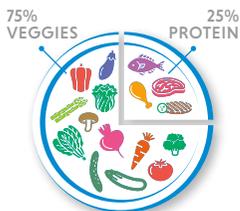
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

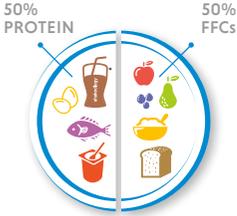
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

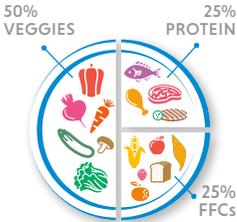
MEAL TIME: \_\_\_\_\_

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### LUNCH\*

MEAL TIME: \_\_\_\_\_

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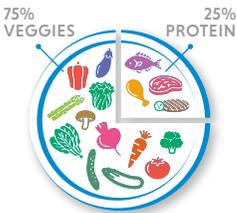
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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### DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

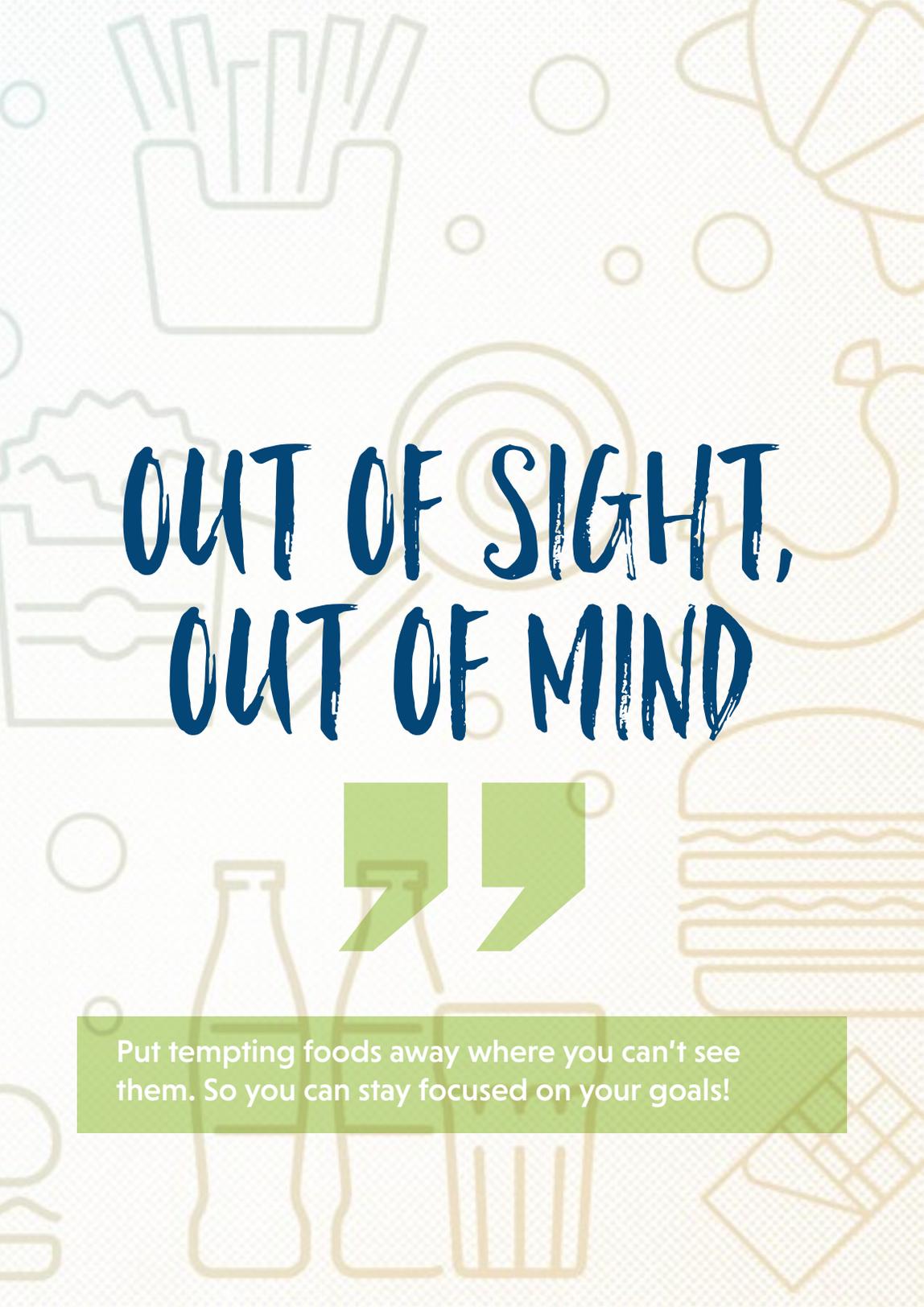
\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
 YES  NO

A stylized green double quote icon consisting of two thick, blocky vertical bars with slanted tops, positioned above the main text.

00SOOM

The background features a light green grid pattern overlaid on a pale yellow background. Various food items are depicted as faint, light green line art icons, including french fries in a container, a burger, a bottle, a glass, and a pizza. The text is centered in a dark blue, hand-drawn style font.

# OUT OF SIGHT, OUT OF MIND



Put tempting foods away where you can't see them. So you can stay focused on your goals!

# MY WEEK AT A GLANCE

*This week I want to be:*

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MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**THURSDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FRIDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SATURDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SUNDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GROCERY LIST



When you're heading to the grocery store, plan ahead! Make sure you have a full water bottle and that you've eaten a meal beforehand so you aren't going in on an empty stomach. (And don't forget your grocery list!) You can use the space below to jot down what items you plan to get from each food group.

VEGGIES		PROTEINS	
ITEM	QUANTITY	ITEM	QUANTITY

FFCs		ACCESSORIES	
ITEM	QUANTITY	ITEM	QUANTITY

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

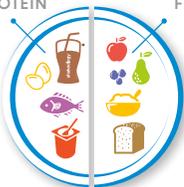
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

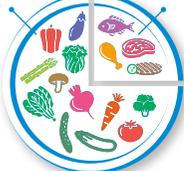
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

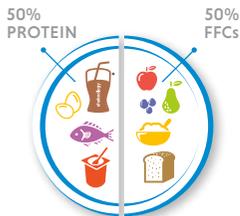
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

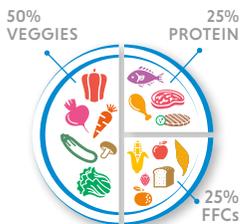
MEAL TIME: \_\_\_\_\_

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### LUNCH\*

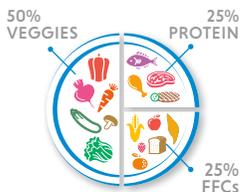
MEAL TIME: \_\_\_\_\_

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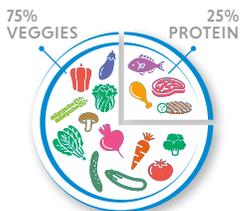
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



### DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?  
YES  NO

# MY DAY

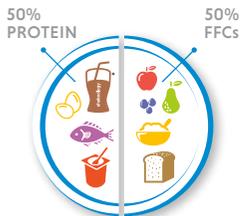
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

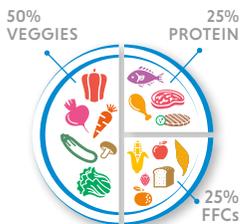
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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### LUNCH\*

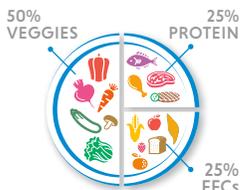
MEAL TIME: \_\_\_\_\_

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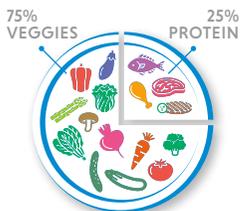
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_



### DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

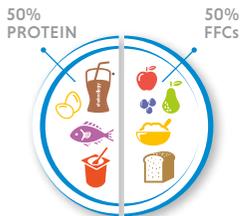
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**WATER FIRST!**

GOAL \_\_\_\_\_ OZ./ML    TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

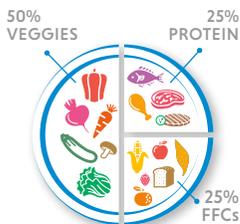
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## LUNCH\*

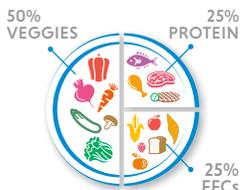
MEAL TIME: \_\_\_\_\_

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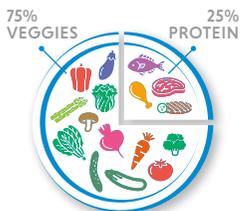
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?  
 YES  NO

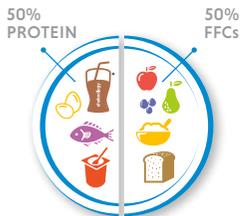
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML	OZ./ML	OZ./ML	OZ./ML	OZ./ML
🚰			🚰	🚰	🚰	🚰	🚰



## BREAKFAST\*

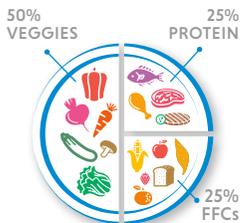
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



## LUNCH\*

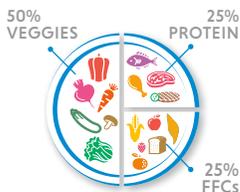
MEAL TIME: \_\_\_\_\_

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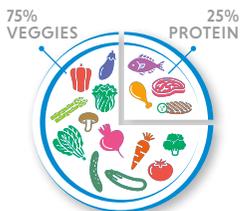
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?

YES  NO

# MY DAY

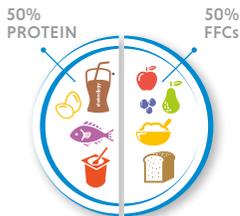
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

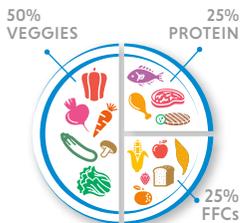
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

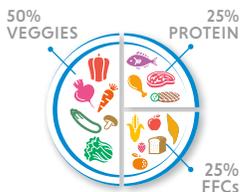
MEAL TIME: \_\_\_\_\_

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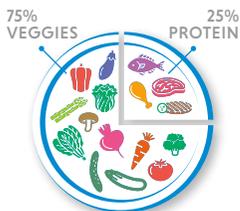
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?  
YES  NO

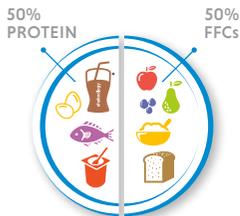
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL _____	OZ./ML _____	TOTAL _____	OZ./ML _____
			



## BREAKFAST\*

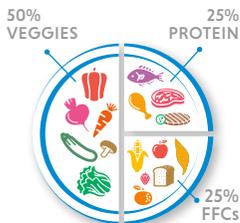
MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_



## LUNCH\*

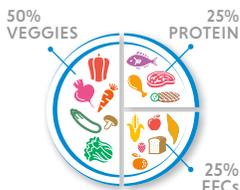
MEAL TIME: \_\_\_\_\_

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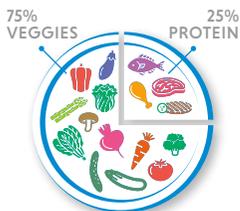
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

 TODAY?  
 YES  NO

“

*Keep Two Hands*





# *On the Wheel*



Keeping your hands busy holding a cup of tea or water at a party helps keep you safe from overeating.

# MY WEEK AT A GLANCE

*This week I want to be:*

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MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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<b>THURSDAY</b>			
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<b>BREAKFAST</b>		<b>SNACK(TIONAL)</b>	
<b>LUNCH</b>		<b>DINNER</b>	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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\_\_\_\_\_

<b>FRIDAY</b>			
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<b>BREAKFAST</b>		<b>SNACK(TIONAL)</b>	
<b>LUNCH</b>		<b>DINNER</b>	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

<b>SATURDAY</b>			
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<b>BREAKFAST</b>		<b>SNACK(TIONAL)</b>	
<b>LUNCH</b>		<b>DINNER</b>	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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\_\_\_\_\_

<b>SUNDAY</b>			
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<b>BREAKFAST</b>		<b>SNACK(TIONAL)</b>	
<b>LUNCH</b>		<b>DINNER</b>	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GROCERY LIST



When you're heading to the grocery store, plan ahead! Make sure you have a full water bottle and that you've eaten a meal beforehand so you aren't going in on an empty stomach. (And don't forget your grocery list!) You can use the space below to jot down what items you plan to get from each food group.

VEGGIES		PROTEINS	
ITEM	QUANTITY	ITEM	QUANTITY

FFCs		ACCESSORIES	
ITEM	QUANTITY	ITEM	QUANTITY

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

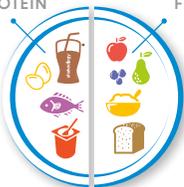
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

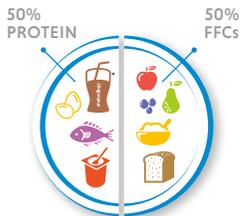
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

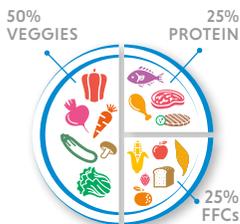
MEAL TIME: \_\_\_\_\_

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### LUNCH\*

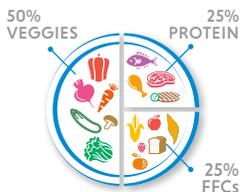
MEAL TIME: \_\_\_\_\_

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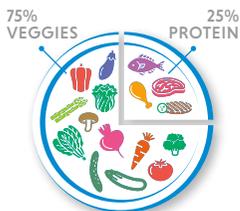
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?  
YES  NO

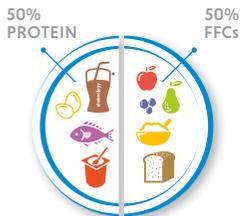
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML				
🚰		🚰		🚰		🚰	



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

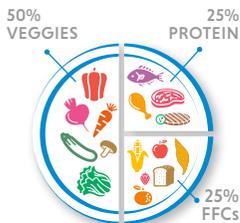
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## LUNCH\*

MEAL TIME: \_\_\_\_\_

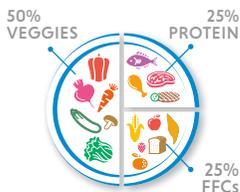
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## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

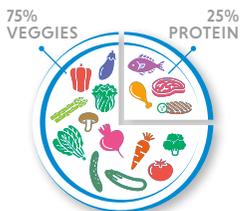
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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

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👤 TODAY?  
 YES  NO

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

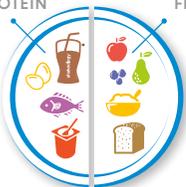
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

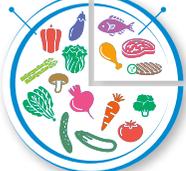
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

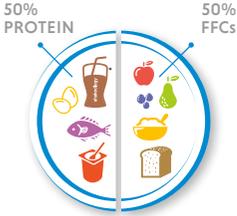
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

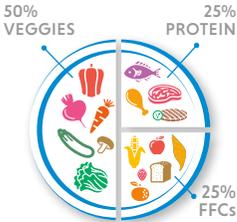
MEAL TIME: \_\_\_\_\_

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### LUNCH\*

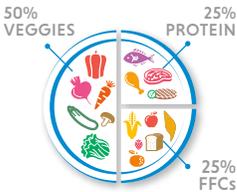
MEAL TIME: \_\_\_\_\_

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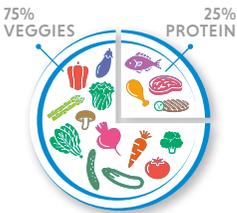
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_



### DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
 YES  NO

# MY DAY

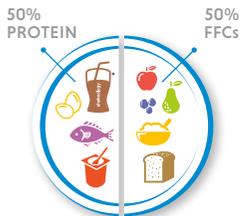
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

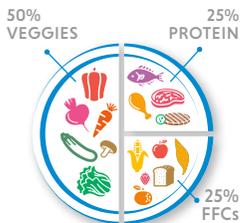
MEAL TIME: \_\_\_\_\_

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## LUNCH\*

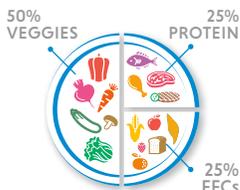
MEAL TIME: \_\_\_\_\_

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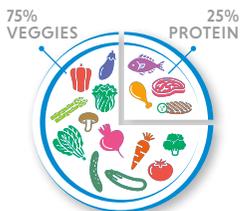
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

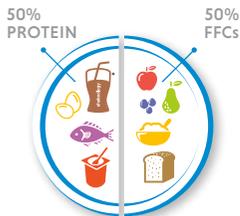
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML	OZ./ML	OZ./ML	OZ./ML	OZ./ML
🚰		🚰		🚰		🚰	



## BREAKFAST\*

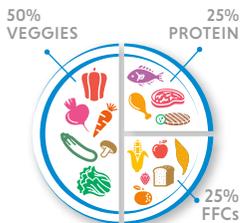
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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## LUNCH\*

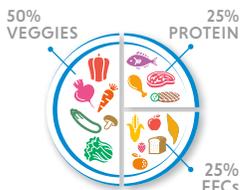
MEAL TIME: \_\_\_\_\_

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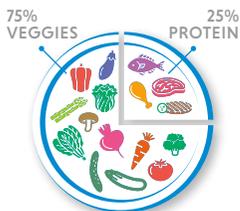
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?

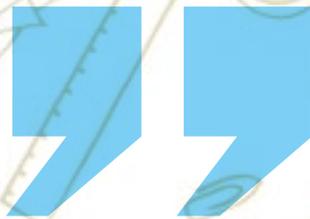
YES  NO



# *Dinner and Done...*



# Find Other Fun!



Nighttime eating can be challenging. Find a post-dinner activity that is productive, not destructive, so you can stay focused on your goals!

# MY WEEK AT A GLANCE

*This week I want to be:*

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MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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**THURSDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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\_\_\_\_\_

**FRIDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

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\_\_\_\_\_

**SATURDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

**SUNDAY**

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# MY DAY

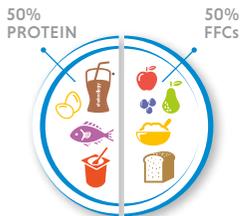
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

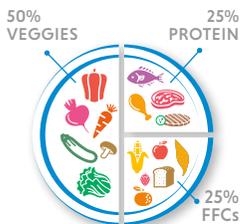
MEAL TIME: \_\_\_\_\_

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### LUNCH\*

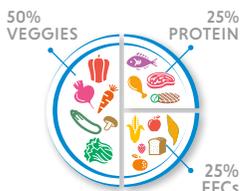
MEAL TIME: \_\_\_\_\_

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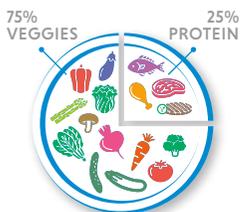
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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### DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

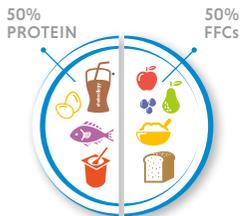
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



### BREAKFAST\*

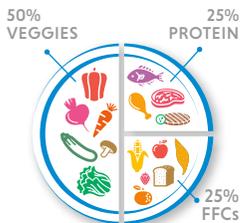
MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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### LUNCH\*

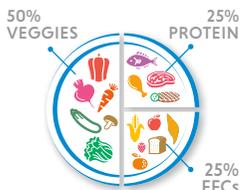
MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_



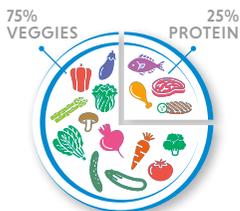
### SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?  
YES  NO

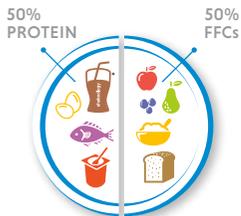
# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

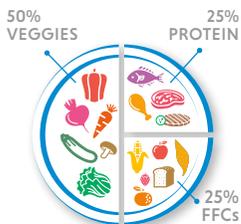
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## LUNCH\*

MEAL TIME: \_\_\_\_\_

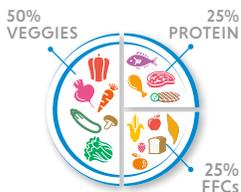
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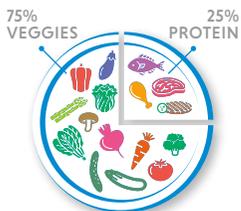
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

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🧘 TODAY?

YES  NO

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

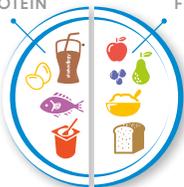
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



TODAY?

YES  NO

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

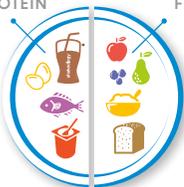
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

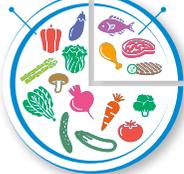
MEAL TIME: \_\_\_\_\_

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75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO

# MY DAY

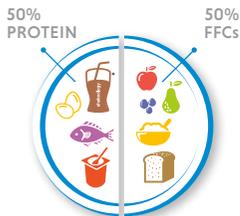
DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



## BREAKFAST\*

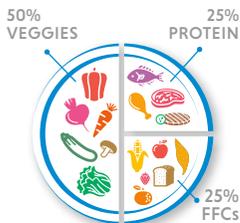
MEAL TIME: \_\_\_\_\_

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\_\_\_\_\_



## LUNCH\*

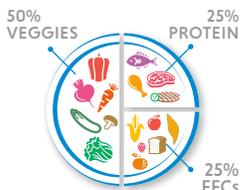
MEAL TIME: \_\_\_\_\_

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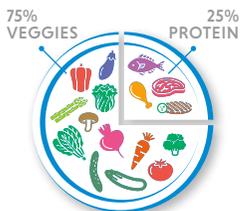
## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

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## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

🧘 TODAY?

YES  NO

# MY DAY

DATE \_\_\_\_\_ WEIGHT \_\_\_\_\_ TOTAL LOSS \_\_\_\_\_ HRS. 🧘

CURRENT MINDSET: \_\_\_\_\_

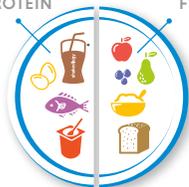
\_\_\_\_\_

## WATER FIRST!

GOAL \_\_\_\_\_ OZ./ML TOTAL \_\_\_\_\_ OZ./ML



50% PROTEIN 50% FFCs



## BREAKFAST\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## LUNCH\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

50% VEGGIES 25% PROTEIN



## SNACK(TIONAL)\*

MEAL TIME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

75% VEGGIES 25% PROTEIN



## DINNER\*

MEAL TIME: \_\_\_\_\_

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\*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: \_\_\_\_\_

EXERCISE EXTRA CREDIT: \_\_\_\_\_

WHY TODAY WAS GREAT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

👤 TODAY?  
YES  NO