



health journal

BREAKFAST

what i ate:

hunger level before I ate:



starving



hungry



not hungry

hunger level after I ate:



starving



hungry



not hungry

LUNCH

what i ate:

hunger level before I ate:



starving



hungry



not hungry

hunger level after I ate:



starving



hungry



not hungry

DINNER

what i ate:

hunger level before I ate:



starving



hungry



not hungry

hunger level after I ate:



starving



hungry



not hungry

SNACKS

what i ate:

hunger level before I ate:



starving



hungry



not hungry

hunger level after I ate:



starving



hungry



not hungry

WATER

8oz

8oz

8oz

8oz

8oz

8oz

8oz

8oz

8oz

8oz



health journal

workout completed: _____

intensity level:



high



moderate



low

Aim for 3-4 days of moderate-high intensity, 2 days of low intensity, and 1 day of rest.

today's experiences:

what challenges/frustrations came up? _____

what patterns am i seeing (ie: in my eating habits)? _____

how did my day go? _____

Example: "Had a very stressful day at work and overindulged in Godiva chocolates," or "Slept eight hours last night, had a great workout, and feel energized."