

Day 7: _____ (Date)

NUTRITION

Breakfast:

Calories:

Snack:

Lunch:

Snack:

Dinner:

Total Calories: _____



Stop eating when full!

WATER



When **you** feel like **QUITTING**

think about why you **started!**

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Running is cheaper than therapy

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____