

# MY WEIGHT LOSS JOURNAL

name \_\_\_\_\_

age \_\_\_\_\_

weight \_\_\_\_\_



foods I'm eating

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

foods I STOPPED eating

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why I'm Doing This —

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GOALS *Yes!*

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MY INSPIRATION

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Photos

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

date: \_\_\_\_\_

date: \_\_\_\_\_

date: \_\_\_\_\_

Exercise Routine —

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_