



Diet Journal

Date: _____

Phase: _____

My Wellness Goals:

These goals will be accomplished by the follow actions:

My reward for achieving my goals:

I plan to schedule at least a half an hour of an enjoyable activity each day!



Diet Journal

Day: _____

I woke up feeling:

_____ AM Breakfast

_____ AM Snack

_____ PM Lunch

_____ PM Snack

_____ PM Dinner

Exercise:

My enjoyable activity was: _____

Reflections for the day:

Sleep time: _____



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