

PERSONAL JOURNAL FOR JULY 2009

<i>My Current Goals are:</i>				
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<i>Today's Date is:</i>		<i>Did I plan for today:</i> <i>Yes / No</i>	<i>Why?</i>
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FOOD JOURNAL

Recording your food helps you track, the habits you have formed and see relationships between your emotions, how you eat and what your mind is focusing on.

<i>At this time:</i>	<i>I ate:</i>	<i>This much:</i>	<i>I felt before:</i>	<i>I thought after:</i>

Glasses of water I drank:
(target is 8 glasses of water per day)



EXERCISE JOURNAL

Recording your exercise routines helps you keep track of energy being burned and also helps keeping variety in your workouts.

<i>At this time:</i>	<i>I did:</i>	<i>For this long:</i>	<i>At this intensity:</i>	<i>I thought after:</i>

<i>I'm Congratulated for:</i>				
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<i>I have learned:</i>				
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