

My Success Journal

My Long Term Goal: _____

My Goal for Today: _____

Today's Date: _____

I'm committed to achieving my goals: *(sign here)* _____

My Morning Questions:

How do I feel today? _____

What am I happiest about? _____

What am I most excited about? _____

What am I most grateful for today? _____

What am I enjoying most in my life right now? _____

What will I do **today** to achieve my long-term goal? _____

Check the box when done. Write in today's successful actions:

(for extra discipline, write a detailed list of foods consumed on a separate page)

- review goal statements
- answer Morning Questions, and recite positive affirmations
- weigh myself and enter weight here _____
- drink 8 or more glasses of water - I drank _____
- have breakfast - What I had for breakfast: _____
- enjoy ½ hour minimum exercise today - What I did: _____
- mid-morning snack - What I had for a snack: _____
- lunch - What I had for lunch: _____
- enjoy ½ hour relaxation time today - How I relaxed: _____
- mid-afternoon snack - What I had: _____
- dinner - What I had for dinner: _____
- evening snack - What I had: _____

My Score for Today: *(circle one)*

A B C D E

- A I ate all the right foods and didn't cheat or overeat.
- B Mostly kept to my eating goals. I'm still losing weight.
- C Cheated a bit or over-ate, but not too bad. I probably didn't gain or lose weight.
- D Cheated or over-ate and probably gained some weight.
- E Fell off track and likely gained weight today.

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My Success Journal

Daily Food Diary

Today's Date: _____

What I ate today:

- Breakfast _____

- Mid-Morning Snack _____
- Lunch _____

- Mid-Afternoon Snack _____
- Dinner _____

- Evening snack _____

What I drank today:

Beverage:	Number of Cups/Ounces	Time of Day
Water		
Coffee		
Tea		
Juice		
Alcohol		
Pop/Soda		
Other		

Successes/Things that Worked Today:

