

# Month of

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## Weeks

#1

Top Goals

#2

Top Goals

#3

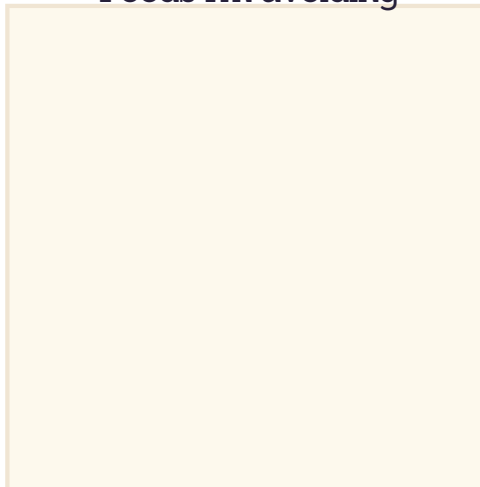
Top Goals

#4

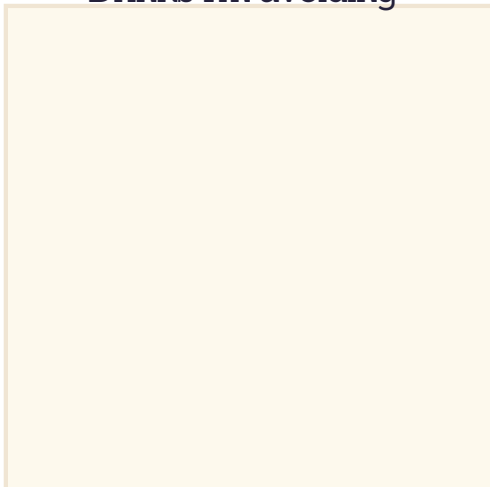
Top Goals

# *New Year Resolution*

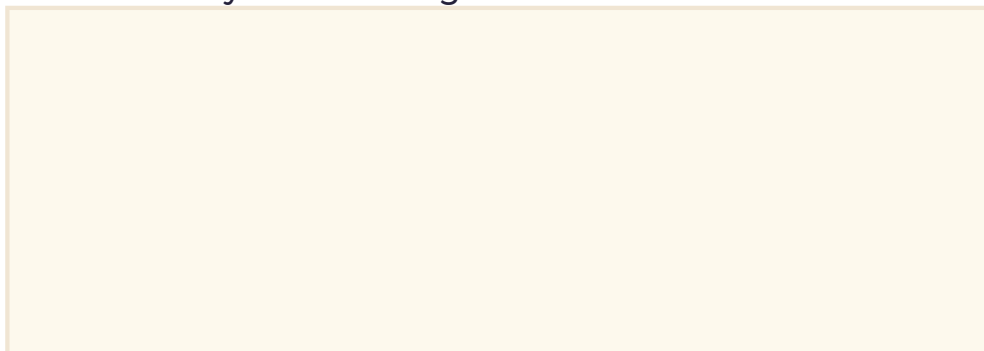
Foods I'm avoiding

A large, empty rectangular box with a light beige background and a thin brown border, intended for listing foods to avoid.

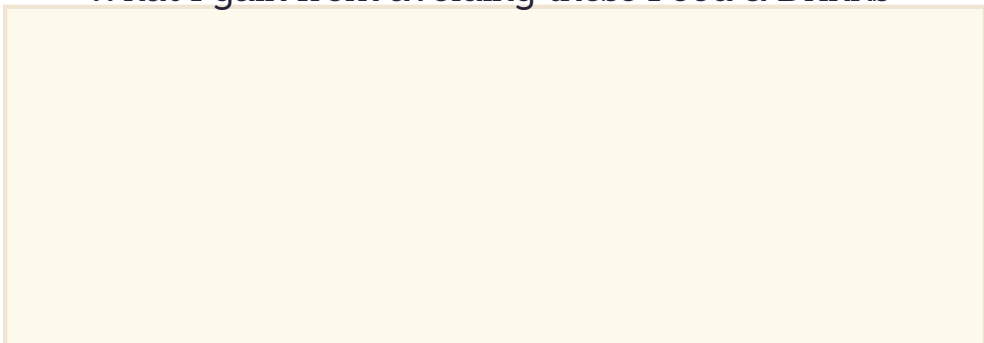
Drinks I'm avoiding

A large, empty rectangular box with a light beige background and a thin brown border, intended for listing drinks to avoid.

Why I'm avoiding these Foods & Drinks

A large, empty rectangular box with a light beige background and a thin brown border, intended for explaining the reasons for avoiding the listed foods and drinks.

What I gain from avoiding these Food & Drinks

A large, empty rectangular box with a light beige background and a thin brown border, intended for listing the benefits or gains from avoiding the listed foods and drinks.

# Weekly Goals

TopGoals

Sun

Mon

Tue

Wed

## Weekly Tasks

Motivation

Week of

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Thu

Fri

Sat

Last Week  
Resolution Summary

What can I change to  
achieve success next week?

## This image shows a vertical rectangular sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it is resting on a surface.

## breakfast

lunch

dinner


snacks

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breakfast

lunch

dinner

## Daily Goal

$$\frac{1}{1}$$

## Notes

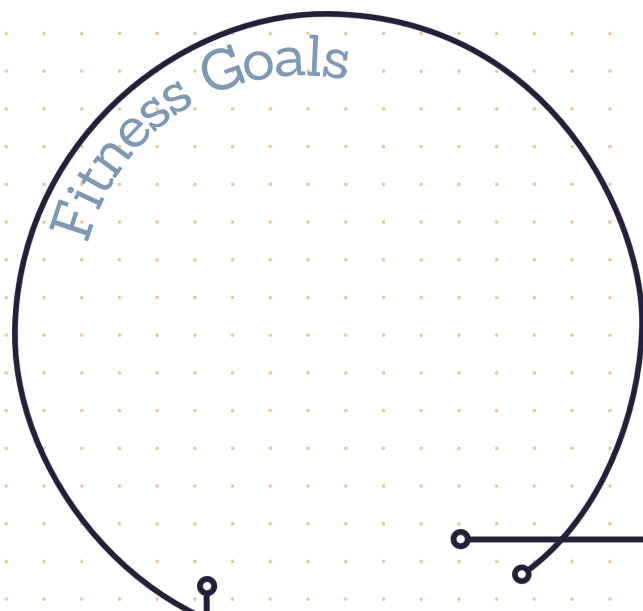
## Today's Top Goals

### Steps I need to take in order to achieve my goals

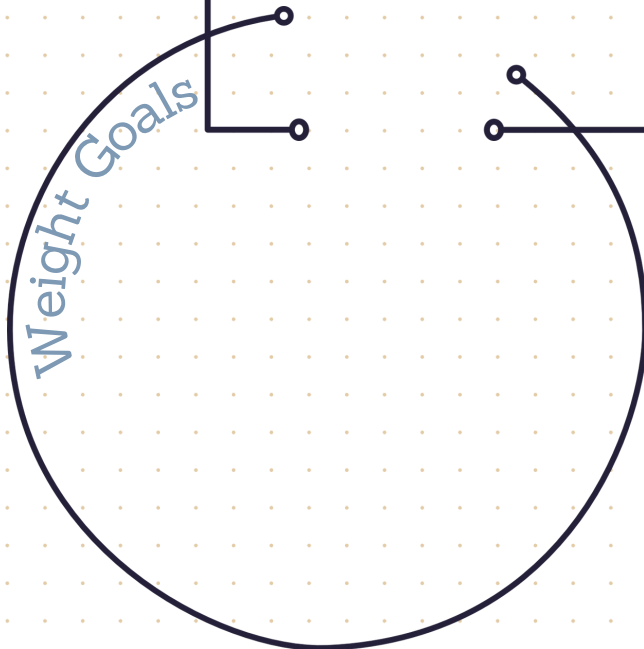
## Motivational Quote

Was I successful in reaching my goals? Y ☐ N ☐

## Ways to improve my productivity



Health Goals



Date

—/—/—

Notes

# Goal Milestones

Start!

End!



# Energy Levels Color Chart — / —



41< gms

31 - 40 gms

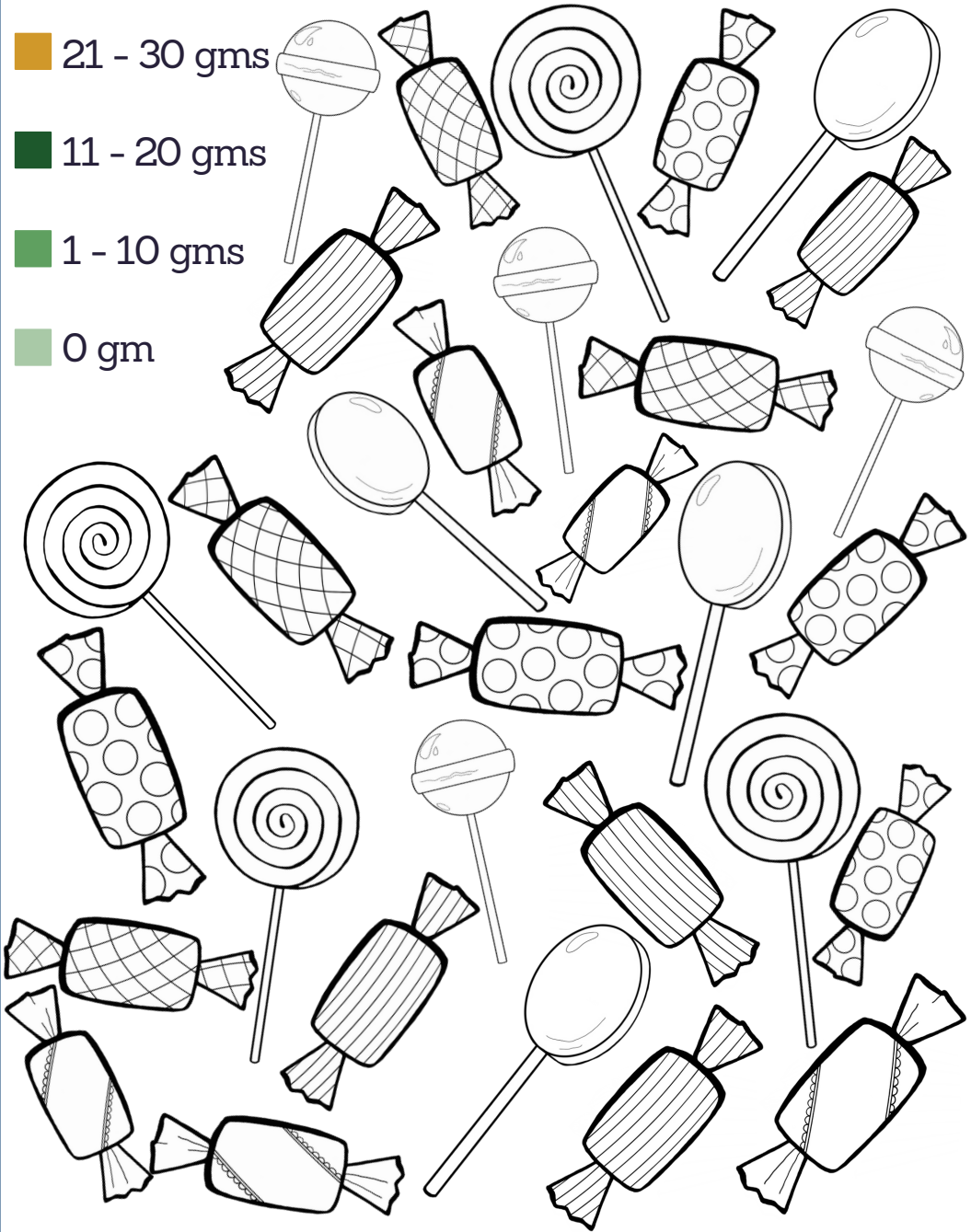
21 - 30 gms

11 - 20 gms

1 - 10 gms

0 gm

Month \_\_\_\_\_



*Eat this*

*Not that*

Breakfast

Breakfast

Lunch

Lunch

Dinner

Dinner

# Food Substitutes

# When Eating Out

EAT

AVOID

Place: \_\_\_\_\_

What to order

What NOT to order

Place: \_\_\_\_\_

What to order

What NOT to order

Place: \_\_\_\_\_

What to order

What NOT to order



# *Things To Do*

Instead of Snacking

# Reward Yourself!

## List Non-Food Ideas

This image shows a full page of blank, white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

# Reward Tracker

When to collect:

Reward:



When to collect:

Reward:



When to collect:

Reward:



When to collect:

Reward:



When to collect:

Reward:



When to collect:

Reward:



When to collect:

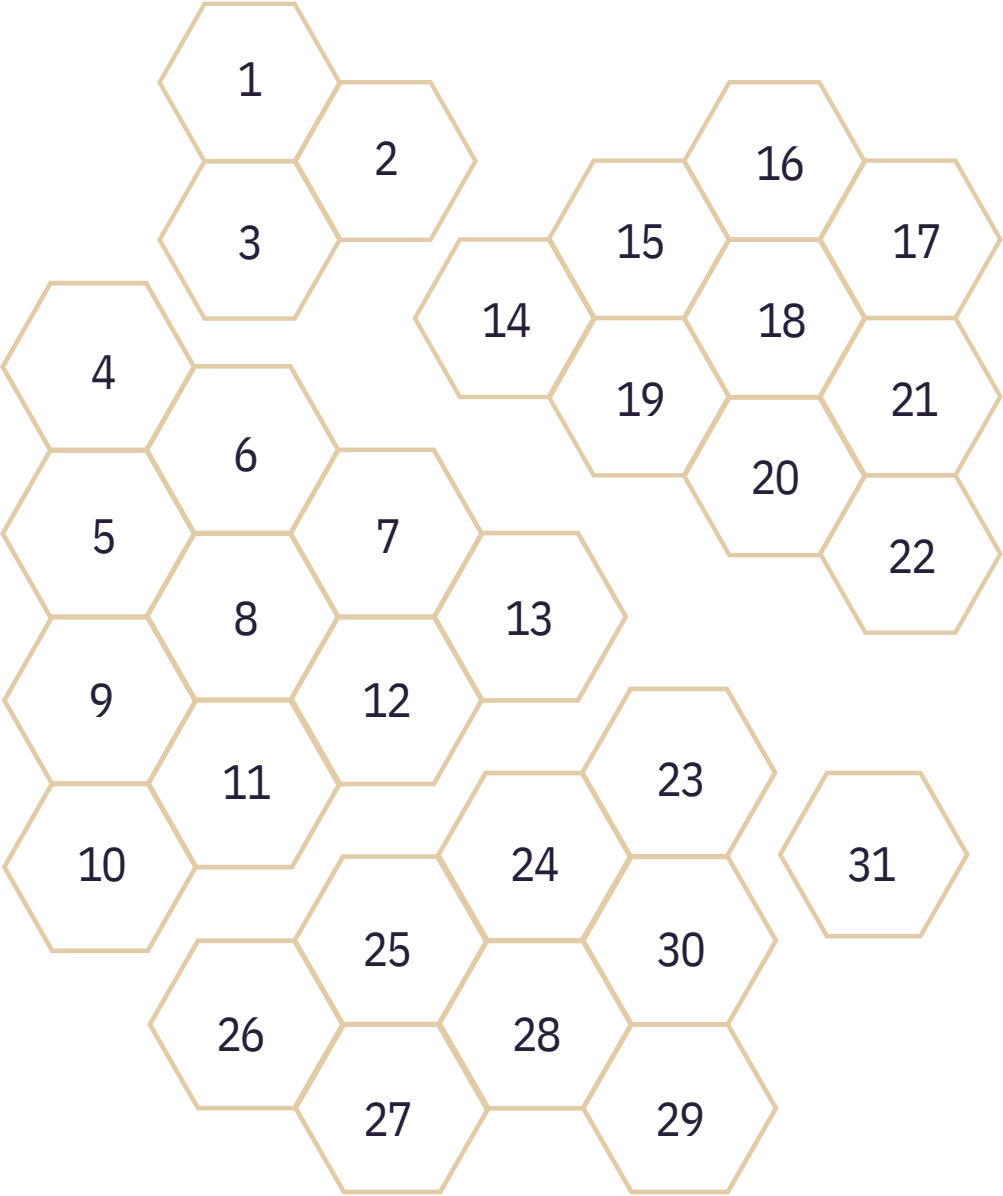
Reward:





# Mood Board

Moods & Their Colors



# Week Overview

Week Rating 

I was most tempted to break my resolution when...

I'm proud of myself for...

The best thing I ate

The best recipe I tried

This week I felt

Next week...

# Thoughts & Thanks

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- Florence Griffith Joyner

Success is the SUM of  
Small Efforts  
REPEATED  
Day in & Day out

- Robert Collier

A Goal is not  
Always Meant  
to be Reached,  
it often serves  
Simply as  
Something  
to AIM at

- Bruce Lee