

Month of

Weeks

#1

Top Goals

#2

Top Goals

#3

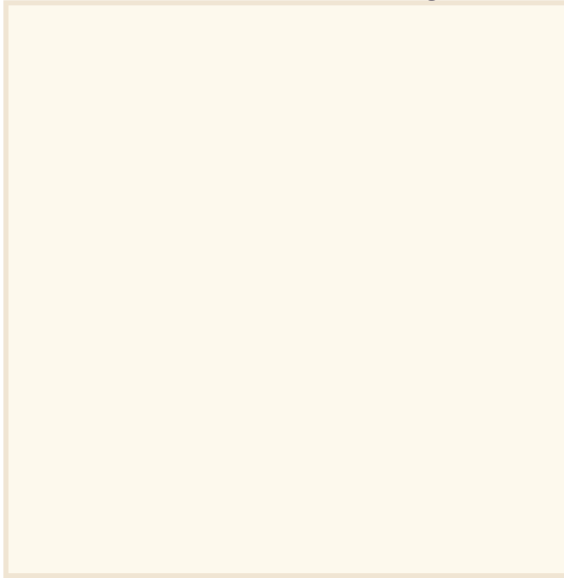
Top Goals

#4

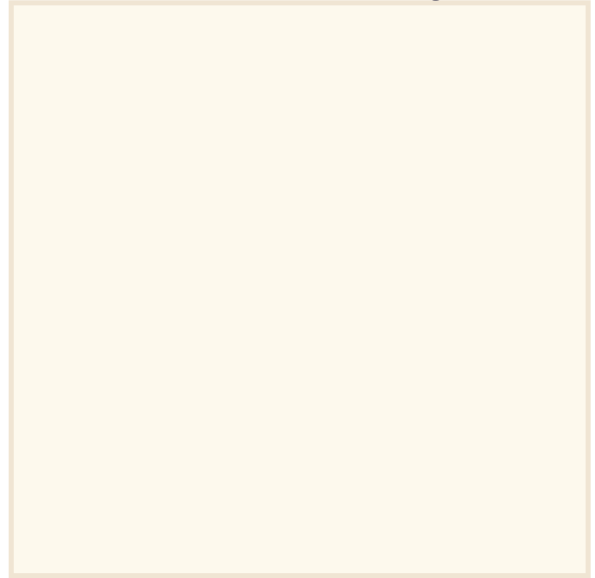
Top Goals

New Year Resolution

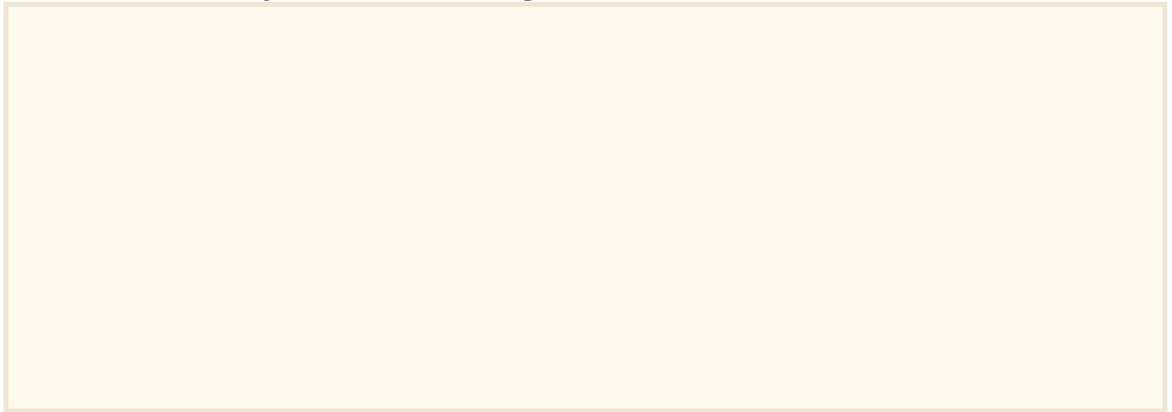
Foods I'm avoiding

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

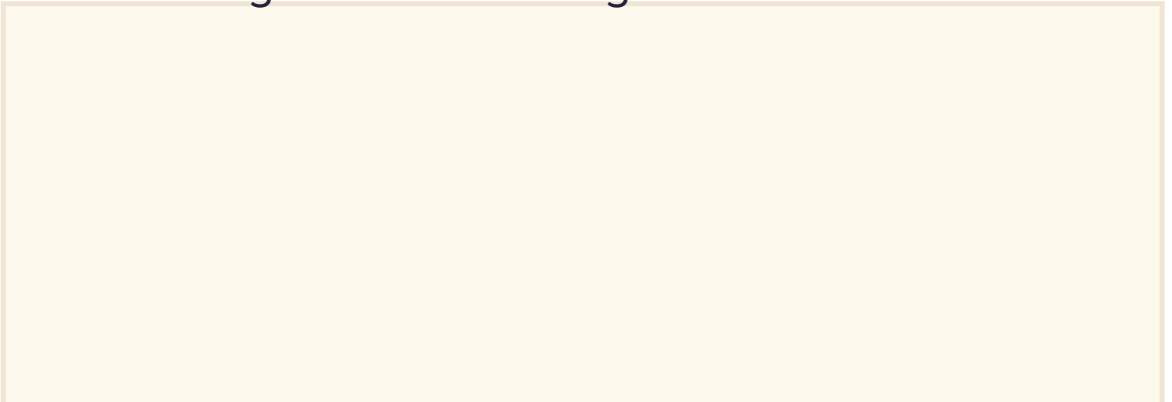
Drinks I'm avoiding

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

What I gain from avoiding these Food & Drinks

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

Weekly Goals

TopGoals

Sun

Mon

Tue

Wed

Weekly Tasks

Motivation

Week of

Thu

Fri

Sat

Last Week
Resolution Summary

What can I change to
achieve success next week?

Daily Food Log



lunch

dinner

snacks

Meal Ideas

breakfast

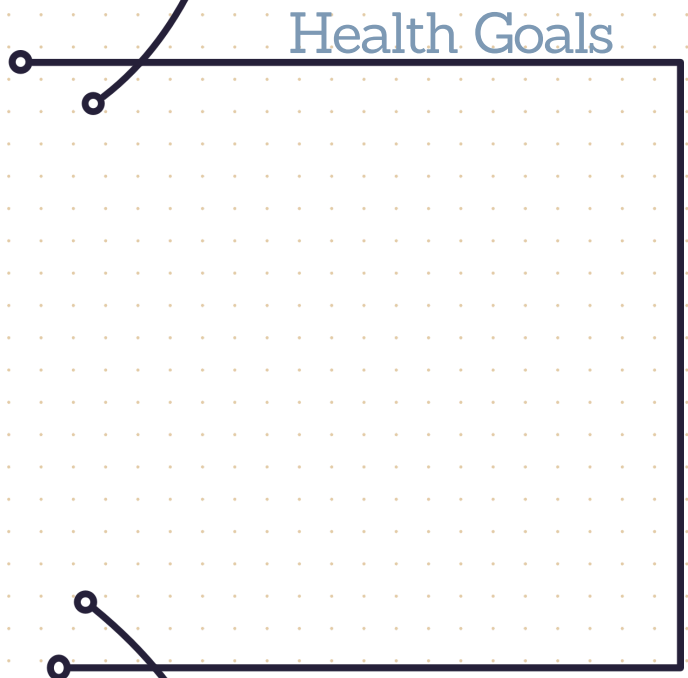
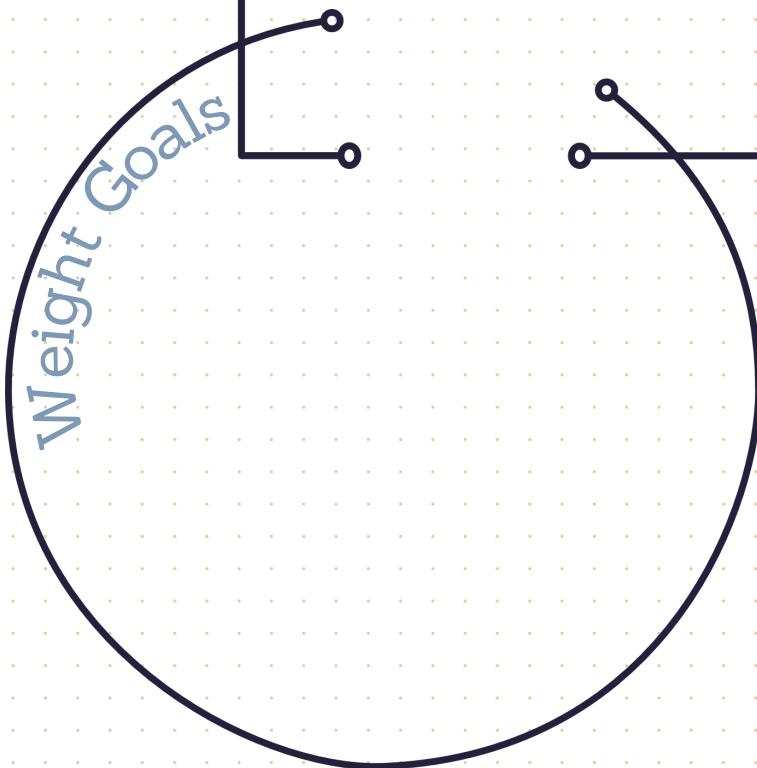
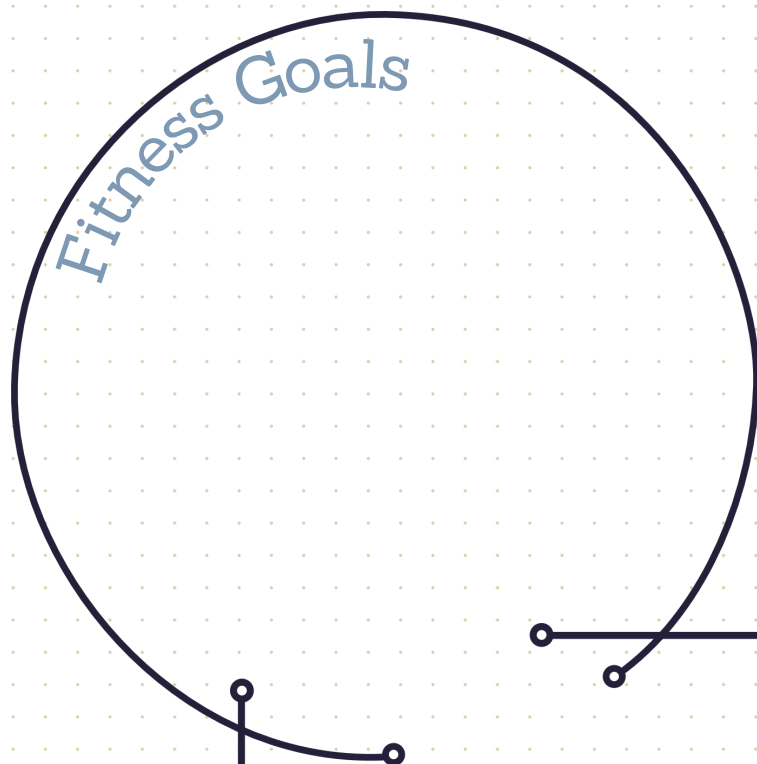
lunch

dinner

[illegible]

Ways to improve my productivity

[illegible]



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

Start!



Energy Levels Color Chart —/—/—



■ 41< gms

■ 31 - 40 gms

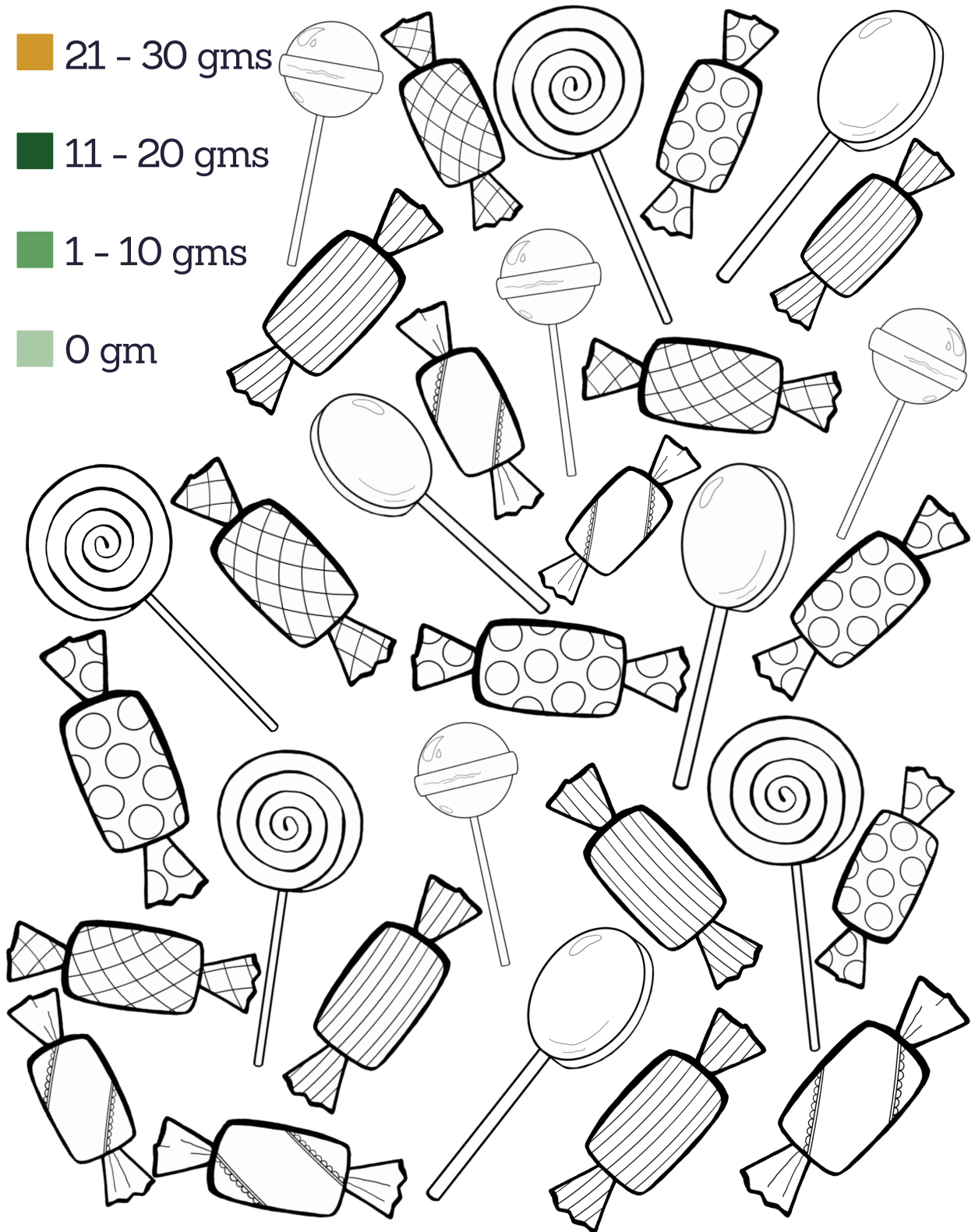
■ 21 - 30 gms

■ 11 - 20 gms

■ 1 - 10 gms

■ 0 gm

Month _____



Eat this

Breakfast

Lunch

Dinner

Not that

Breakfast

Lunch

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

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:

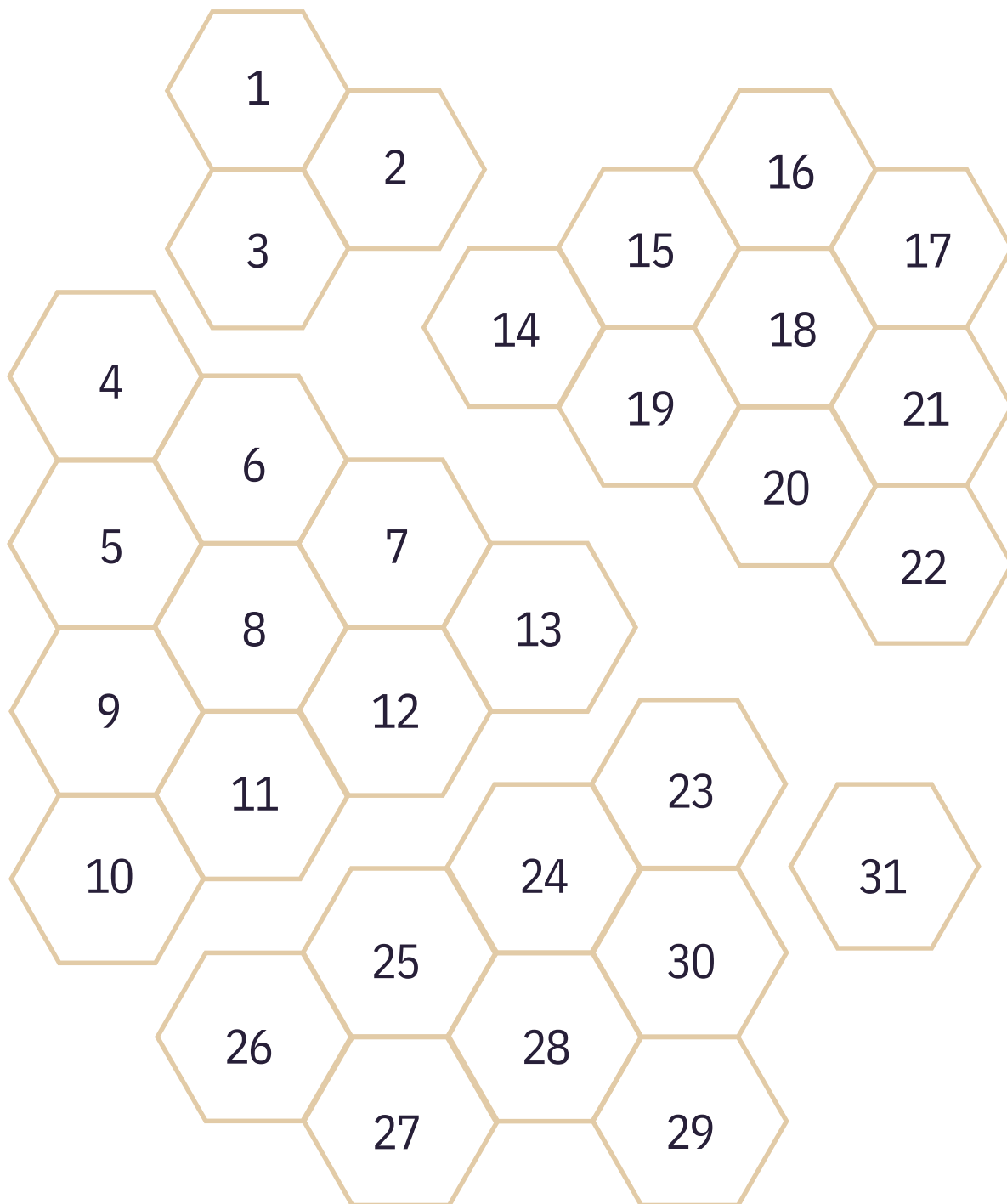


When to collect:
Reward:



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...

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



- 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