CONQUER THE BLOOD SUGAR BATTLE

FOOD/EXERCISE JOURNAL

Week ___ of ___

My big why: _____

_____

_____

_____

Current weight: _____

Goal weight: _____

Final weight: _____

Current Body Composition: _____

Goal Body Composition: _____

Final Body Composition: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Affirmation:	Daily Affirmation:	Daily Affirmation:	Daily Affirmation:	Daily Affirmation:	Daily Affirmation:	Daily Affirmation:
Daily Gratitude:	Daily Gratitude:	Daily Gratitude:	Daily Gratitude:	Daily Gratitude:	Daily Gratitude:	Daily Gratitude:
Morning Weight:	Morning Weight:	Morning Weight:	Morning Weight:	Morning Weight:	Morning Weight:	Morning Weight:
Meal	Meal	Meal	Meal	Meal	Meal	Meal
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snack(s)	Snack(s)	Snack(s)	Snack(s)	Snack(s)	Snack(s)	Snack(s)
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Today's Healthy Choices: Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒	**Today's Healthy Choices:** Water ❒❒❒❒❒❒❒❒ Good fats ❒❒❒❒❒ Vegetables/Low Glycemic Fruits ❒❒❒❒❒❒ Supplements ❒❒❒❒❒❒
Evening Weight	Evening Weight	Evening Weight	Evening Weight	Evening Weight	Evening Weight	Evening Weight