

# 10 WEEK FOOD JOURNAL

Week of \_\_\_\_\_ -- \_\_\_\_\_

Everyone has what it takes to lose weight but not everyone is willing to “DO” what it takes. Today, take the action, have the discipline and dedication which would catapult you into success.

	Breakfast	Mid AM Snack	Lunch	Afternoon Snack	Dinner	PM Snack
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

# 10 WEEK EXERCISE JOURNAL

WEEK OF \_\_\_\_\_ -- \_\_\_\_\_

**Don't let another 12 months go by and you are the same weight or heavier than last year and a year older. You can do it. Make this the year of no regrets. Start Now!**

	AM	PM	Comments
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			