

SAMPLE SUMMARY STATEMENT:

Choose one quote from the book that motivates you

DIET DIARY								
WEEKLY WEIGHT:	MAINTENANCE – WEEK 4						WEEKLY TOTAL:	
Principles	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
3-5 x A WEEK: EXERCISE: Cardio + Strengthening								
ONCE A DAY: LIGHT/HWC MEAL								
BETWEEN MEALS: SUBSTITUTION SNACKS								
ONCE A DAY: CF MEAL								
BETWEEN MEALS: SUBSTITUTION SNACKS								
ONCE A DAY: MIXED MEAL								
BETWEEN MEALS: SUBSTITUTION SNACKS								
EXCEPTIONS: SMART EXCEPTIONS (Instead of one of the Substitution snacks above)								
NOTES (ONLY 3 Words)								
Where								
Emotion								
Activity								
NOTES (ONLY 3 Words)								
Where								
Emotion								
Activity								