

## LIVING LEAN JOURNAL

Keeping a journal is so important to success. It tells you a lot about your eating habits. See the sample below, then turn the page for your own blank journal page.

**Day:** Short-term weekly goal:

**Date:** / / **Daily goal:**

Meal	Hunger level before eating	Hunger level after eating	
<b>Breakfast</b>	Starving <input checked="" type="checkbox"/>	Starving <input type="checkbox"/>	Protein: <u>egg white omelet</u>
	Normal <input type="checkbox"/>	Normal <input checked="" type="checkbox"/>	
	Stuffed <input type="checkbox"/>	Stuffed <input type="checkbox"/>	Fruits/Vegetable (vit. C): <u>the omelet had spinach and tomatoes in it</u>
			Grain (Fiber): <u>1 slice of whole grain toast, plain</u>
<b>Lunch</b>	Starving <input checked="" type="checkbox"/>	Starving <input type="checkbox"/>	Protein: <u>grilled chicken sandwich from a restaurant (ate with coworkers)</u>
	Normal <input type="checkbox"/>	Normal <input checked="" type="checkbox"/>	
	Stuffed <input type="checkbox"/>	Stuffed <input checked="" type="checkbox"/>	Fruits/Vegetable (vit. C): <u>the sandwich had lettuce and tomato on it</u>
			Grain (Fiber): <u>bun (but wasn't whole wheat)</u>
<b>Dinner</b>	Starving <input type="checkbox"/>	Starving <input type="checkbox"/>	Protein: <u>deli turkey breast (in my salad)</u>
	Normal <input checked="" type="checkbox"/>	Normal <input checked="" type="checkbox"/>	
	Stuffed <input type="checkbox"/>	Stuffed <input type="checkbox"/>	Fruits/Vegetable (vit. C): <u>big salad with lettuce, tomatoes, cucumbers, and peppers</u>
			Grain (Fiber): <u>whole grain crackers</u>
<b>Snacks</b>	Starving <input type="checkbox"/>	Starving <input type="checkbox"/>	<u>cucumber boats</u>
	Normal <input checked="" type="checkbox"/>	Normal <input checked="" type="checkbox"/>	<u>yogurt with berries</u>
	Stuffed <input type="checkbox"/>	Stuffed <input type="checkbox"/>	
<b>Water</b>			
<b>Exercise</b>	Workouts Completed: <u>Matrix Workout</u> <u>Walking 2 miles</u>		
	My Intensity Level Was: <input type="checkbox"/> High <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Low <input type="checkbox"/> Very Low		

**Today's Experiences:** I didn't do so well at lunch. Friends at work invited me out to lunch at a diner and there wasn't much healthy food to eat. But I do feel good about eating well at breakfast and dinner. Plus I had a great workout!

## LIVING LEAN JOURNAL

*Make copies of this blank journal page and fill it in each day. Every week look back and note changes you could make to have even greater success the following week.*

**Day:** \_\_\_\_\_ **Short-term weekly goal:** \_\_\_\_\_


**Date:**    /    /    **Daily goal:** \_\_\_\_\_

Meal	Hunger level before eating	Hunger level after eating	
<b>Breakfast</b>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Protein: _____ _____ Fruits/Vegetable (vit. C): _____ _____ Grain (Fiber): _____ _____

<b>Lunch</b>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Protein: _____ _____ Fruits/Vegetable (vit. C): _____ _____ Grain (Fiber): _____ _____
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<b>Dinner</b>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Protein: _____ _____ Fruits/Vegetable (vit. C): _____ _____ Grain (Fiber): _____ _____
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<b>Snacks</b>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	Starving <input type="checkbox"/> Normal <input type="checkbox"/> Stuffed <input type="checkbox"/>	_____ _____ _____
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<b>Water</b>	
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<b>Exercise</b>	Workouts Completed: _____ My Intensity Level Was: <input type="checkbox"/> High <input type="checkbox"/> Moderate <input type="checkbox"/> Low <input type="checkbox"/> Very Low
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**Today's Experiences:** \_\_\_\_\_  
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