

LIFE JOURNAL

Date: _____

Week: _____

Weekly Personal Goal(s):



-“SELFNESS”

	<u>BREAKFAST</u>	<u>SNACK</u>	<u>LUNCH</u>	<u>SNACK</u>	<u>DINNER</u>	<u>OTHER</u>	<u>ACTIVITY</u>
Day 1 Sunday							
						H20	/10
							LBS
Day 2 Monday							
						H20	/10
							LBS
Day 3 Tuesday							
						H20	/10
							LBS
Day 4 Wednesday							
						H20	/10
							LBS
Day 5 Thursday							
						H20	/10
							LBS
Day 6 Friday							
						H20	/10
							LBS
Day 7 Saturday							
						H20	/10
							LBS

Notes: (... cont'd on back:)