

LIFE JOURNAL

Weekly Personal Goal(s):

SeeingRed.com

-Write down everything you eat or drink.

-Drink 10-15 cups of water each day.

-Increase your daily physical activity.

Date: _____

Week: _____

	<u>BREAKFAST</u>	<u>SNACK</u>	<u>LUNCH</u>	<u>SNACK</u>	<u>DINNER</u>	<u>OTHER</u>	<u>ACTIVITY</u>
Day 1 Sunday							
						MOOD /10	H2O
Day 2 Monday							
						MOOD /10	H2O
Day 3 Tuesday							
						MOOD /10	H2O
Day 4 Wednesday							
						MOOD /10	H2O
Day 5 Thursday							
						MOOD /10	H2O
Day 6 Friday							
						MOOD /10	H2O
Day 7 Saturday							
						MOOD /10	H2O
							LBS

Notes/Observations/Reflections: (... cont'd on back:)