

My Weight Loss Journey

Name

Start Date



Why I want to lose weight:

-
-
-
-
-

Starting Weight:

My Ideal Body Weight (IBW):

My Personal IBW:



Measurements & Final Goals

1. **Chest: Include around Breast**

Start:

End:

2. **Chest: Under the Breast**

Start:

End:

3. **Waist**

Start:

End:

4. **Hips**

Start:

End:

Starting Sizes

Ladies

Bra

Shirt or Blouse

Pants

Starting Sizes

Men

Shirt

Pants

Types of Exercise I Enjoy



How often will I dedicate myself to exercise: (Remember the time of year)

What health goals am I reaching?

(Examples healthy heart, excellent blood sugar, low cholesterol, Stress Management, Etc.)

For Every 5 pounds lost how will I celebrate my success?

(Celebrating each milestone will help encourage you on the journey)

Accountability Partner:

This someone needs to be a person who **encourages you or a group doing this together (Not anyone who will demean in anyway)**

Daily Meal and Water Tracking

Meals

Total Calories allowed for the day: _____

Breakfast Items:

Total Calories _____

Time:

Lunch Food Items:

Total Calories _____

Time:

Dinner Items:

Total Calories _____

Time:

Snacks:

Item(s):

Time _____

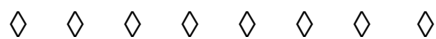
Item(s):

Time _____

Item(s)

Time:

Drink 6-8 12-ounce glasses of water a day.



(Print several daily meal and beverage tracking sheets or make an excel spreadsheet for tracking. There are apps out there but most cost \$\$\$) The purpose of this Mini-Book is to assist you in your journey without costing you.)

Evaluating How You Are Eating

Do you eat 6 small meals a day which would be added in the mid-morning, mid-afternoon and before bedtime snack? If you do it should be healthy.

When you had your snack were you hungry?

Was your snack from boredom?

Was your snack from stress?

Was it your snack because someone at work brought in specialties?

Just be aware of binge eating, stress eating and boredom.

Carbohydrates and sweets give the body quick energy boosts and therefore can be a real danger zone. The body gets addicted to the feeling good as it triggers chemicals in your brain. This is all about Whole Body Health.

Getting Healthy is a Whole-Body Experience

- ✚ Physically: Exercise
- ✚ Mentally: Study Good Brain Health / Where's Your Focus? / De-Stress
- ✚ Emotionally: Be Yourself and not controlled by others and their thoughts
- ✚ Spiritually: Have a Close one on one with Our Lord and Savior
Mediation on His Word and Prayer

This is just a very quick Summary to get you on your way. Often Weight Loss goes hand in hand with us being whole in all areas. Often, we maintain a healthy weight and lifestyle until something traumatic hits and then back to Stress Eating and starting all over. That's okay, just start over and stop beating yourself up.

Our website wwj365.com has many links to sites to assist you with wellness. We are not a substitute for Licensed Physicians or Therapists. Before any major weight loss make sure to check in with your physician and make sure there is nothing physically wrong. You want your journey to be successful.

God Bless You in all things!

Sandie

The next 7 pages are just extras for Logging in your meals

Print all the extras you need.

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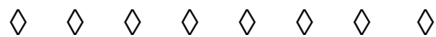
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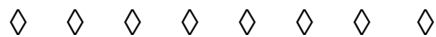
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