

HABIT CHANGING JOURNAL

compliments of Randy and Sarita Shoemaker, creators of 805 Boot Camp Outdoor Health and Fitness Program

Date

Don't forget! Portion SIZES, ingredients, home made, details help us help YOU!

Day # _____
of _____

Water Intake Ounces

10 20 30 40 50 60 70 80 90 100 120 130 140

Fruit/Veggie Servings

1 2 3 4 5 6 7 8 9 10 11 12 13

Sleep Schedule Hours of rest/sleep total last night/day (naps included) _____

Activity Schedule How much time spent ACTIVE and EXERCISING _____

1st Meal at _____ (time)

Not So Great Choices

1st Snack at _____ (time)

2nd Meal at _____ (time)

2nd Snack at _____ (time)

3rd Meal at _____ (time)

Dear Journal, This is how today went...



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Visit SaritaShoemaker.com for more information and links.