

# 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**

<input checked="" type="checkbox"/>	10	20	30	40	50	60	70	80	90	100	120	130	140
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**Fruit/Veggie Servings**

<input checked="" type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	11	12	13
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**Sleep Schedule** Hours of rest/sleep total last night/day (naps included) \_\_\_\_\_

**Activity Schedule** How much time spent ACTIVE and EXERCISING \_\_\_\_\_

1<sup>st</sup> Meal at \_\_\_\_\_ (time)

Not So Great Choices

1<sup>st</sup> Snack at \_\_\_\_\_ (time)

2<sup>nd</sup> Meal at \_\_\_\_\_ (time)

2<sup>nd</sup> Snack at \_\_\_\_\_ (time)

3<sup>rd</sup> Meal at \_\_\_\_\_ (time)

Dear Journal, This is how today went...



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