

- 1 Each morning fill in the date, and sign your commitment to re-affirm your commitment to your weight loss goals.
- 2 Document every food item you eat and everything you drink including snacks. Doing so helps you gain better control of your intake. It will also help minimize cheating. Several studies have shown that doing so greatly improves your chance of success.
- 3 Determine your overall grade at the end of the day:
 - A+ I ate all the right foods and didn't cheat or overeat today
 - B Mostly kept to my eating goals - still losing weight
 - C Cheated a bit or overate, but not too bad - probably didn't gain or lose weight
 - D Cheated or overate and probably gained some weight
 - F Right off track and likely gained weight today

I reaffirm that today I am committed to eating right, and exercising to achieve and maintain my weight loss goal.

SIGNED: _____

DATE: _____

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

Determine your overall grade at the end of the day:

SNACK

PHYSICAL ACTIVITY

