

Your stories are the reason  
Heart Research UK exists.

**We want to hear from you!**



Please share your experience of using this journal  
or any experience you have of heart diseases  
with us by scanning the QR code or by visiting  
**[heartresearch.org.uk/share-your-story](https://heartresearch.org.uk/share-your-story)**.

We would love a selfie of you and your journal!



MEALS & MOVEMENT

90

days to a healthier heart

This journal belongs to:

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In case of loss, please return to:

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## **Welcome to your Heart Research UK Food & Movement Journal.**

Think of this journal as your friendly companion, cheering you on and encouraging you to reach your heart health goals.

### **Why is it a good idea to keep a food and movement journal?**

Recording what you eat and how much activity you do holds you accountable and can help you reach your health and lifestyle goals quicker.

Writing down the food you eat enables you to understand your eating habits and identify patterns which can help you make positive changes. Research shows that for people who want to lose weight, keeping a journal can be a very effective tool and help them lose more weight than if they didn't use one.

Recording the amount of physical activity you do is similar, it means that you can reflect at the end of each day, week and month and see if you are getting enough exercise to keep your heart healthy, and make improvements where needed.

Evidence suggests that journals are more effective when updated as you go throughout your day, but if this feels too much, simply spend 10-minutes at the end of the day updating your journal and reflecting on how you can improve tomorrow.



# A heart healthy diet

**Our dietary habits can have a significant impact on our risk of heart disease. Specific components of our diet can impact negatively on heart health, such as salt, saturated fats, processed foods and sugary snacks.**

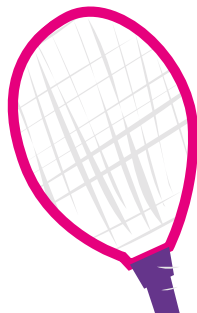
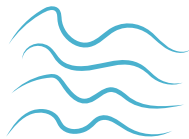
- Eat at least 5 portions of fruits and vegetables a day. Ideally 3-4 vegetables and 1-2 fruits. Try to consume lots of different types of fruits and vegetables of all different colours.
- Opt for low-fat or fat-free dairy products including cheese and milk. It is best to choose plain yoghurts and add fruit to sweeten, rather than buy flavoured yoghurts as these can contain lots of sugar.
- Choose wholegrain cereal, bread, rice and pasta and keep the skins on your potatoes.
- Choose lean protein options such as chicken, turkey and fish and make sure you include one portion of oily fish (salmon, mackerel, sardines, trout or herring) each week.
- Reduce your consumption of processed foods such as ready meals, cakes, biscuits and sweets. If you are buying ready made foods, check the traffic lights and opt for foods with mostly green or amber colours.
- Eat more beans, lentils and chickpeas.



MONDAY ☒

# Moving for a healthy heart

**Regular physical activity and avoiding sitting for too long helps keep blood vessels healthy, whilst also improving the strength of the heart. Physical activity can also help with weight management, as well as reducing blood pressure and cholesterol levels.**



FRIDAY ☒

- Take part in 150 minutes of moderate intensity, aerobic exercise every week. This is any activity that gets your heart pumping faster such as swimming, brisk walking, cycling, running, playing tennis and many fitness classes such as boxercise or aerobics.
- In addition to aerobic exercise, aim to do two sessions of resistance training every week. This could include using free weights at home or using weight machines in the gym.
- Spread your movement out throughout your week and choose activities you enjoy so you are more likely to keep it up.
- More gentle and calming activities can be healthy additions to your weekly physical activity too, such as yoga, which can help reduce stress.



WEDNESDAY ☒



# Why 90 days?

Research has shown that it takes an average of 66 days to form a new habit, some people will form habits quicker than this and others will take a little longer.

If you consistently focus on improving both your food intake and activity levels for 90 days, you will likely form multiple new, healthy habits which will contribute to your heart health and overall wellbeing.

## Here are some heart-healthy habits you could try:

- Swap half the mince in chilli or spaghetti Bolognese for a tin of green lentils.
- Walk instead of driving where possible.
- Swap chocolate and biscuits for nuts and fruit.
- Skip the escalators and lifts and take the steps.
- Chop and peel fruits and vegetables for snacks in advance so they are easy to grab.
- Do squats every time you brush your teeth – if you did 10 squats twice a day, that's 140 squats a week!

DAY 1

DATE 01/01/2024

**BREAKFAST** Porridge with raspberries & sunflower seeds

**LUNCH** Chicken sandwich with low-fat mayo, lettuce & tomato

**EVENING MEAL** Baked salmon with brown rice, broccoli & green beans

**SNACKS** Apple & a handful of almonds, carrot sticks

**OTHER DRINKS** Coffee with milk, glass of skimmed milk

**WATER**



**EXERCISE/MOVEMENT** Brisk walk to shops (30 mins)

**TODAY I AM PROUD OF...** Managing to drink 6 glasses of water

**TOMORROW I WILL...** I will do a higher intensity workout which gets me sweating

**TODAY I FEEL**

**FOOD**



**EXERCISE**



DAY 1

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 2

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 3

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 4

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 5

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 6

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE





DAY 7

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 8

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 9

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 10

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 11

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 12

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 13

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 14

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 15

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 16

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 17

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 18

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 19

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 20

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 21

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 22

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE





DAY 23

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 24

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 25

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 26

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 27

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

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EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



DAY 28

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

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EVENING MEAL

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SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



DAY 29

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

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EVENING MEAL

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SNACKS

---

OTHER DRINKS

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WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



DAY 30

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

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EVENING MEAL

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SNACKS

---

OTHER DRINKS

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WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



DAY 31

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

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EVENING MEAL

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SNACKS

---

OTHER DRINKS

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WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



DAY 32

DATE \_\_\_\_\_

BREAKFAST

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LUNCH

---

EVENING MEAL

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SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

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TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 35

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 36

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE





BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 41

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 42

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

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TODAY I AM PROUD OF...

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TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 43

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 44

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 45

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 46

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 47

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 48

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 51

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 52

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE





DAY 55

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 56

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 61

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 62

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 63

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 64

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE





DAY 71

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 72

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 75

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



DAY 76

DATE \_\_\_\_\_

BREAKFAST

---

LUNCH

---

EVENING MEAL

---

SNACKS

---

OTHER DRINKS

---

WATER



EXERCISE/MOVEMENT

---

TODAY I AM PROUD OF...

---

TOMORROW I WILL...

---

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 79

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 80

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 81

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 82

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 85

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



DAY 86

DATE \_\_\_\_\_

BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE





BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE



BREAKFAST

LUNCH

EVENING MEAL

SNACKS

OTHER DRINKS

WATER



EXERCISE/MOVEMENT

TODAY I AM PROUD OF...

TOMORROW I WILL...

TODAY I FEEL

FOOD



EXERCISE

