



Sonya's Food and Activity Journal

Keeping a food journal will help you keep track of your choices, maintain focus on your goals and allow you to see patterns in your behavior that you want to celebrate or change to increase your success.

Ask Yourself:

- **Are my goals DOABLE?** Realistic goals will stretch your comfort zone and set you up to win.
- **Do I know exactly what I want?** Most people are clear, "I don't want to be fat!" or "I don't want to be sick anymore." However, saying what you don't want won't get you any closer to your goals.
 - Example 1: I want to make healthy eating choices this week
 - Example 2: I want to exercise daily and achieve a 2 lb. loss this week.*Remember that vague goals produce vague results. Be clear!*
- **Is this for you?** Often, we hear our spouses, friends or family members challenge us to lose weight; however, the issue is this is not OUR decision, it's theirs. If this is for you, what do you want out of this wonderful life venture you are embarking on?
- **Are my actions sustainable?** This is a great question to help you make healthy choices that you can sustain to achieve a healthy lifestyle vs. a weight loss adventure.

For This Week:

Goals: I Want To...

Action Plan: How Can I Make What I Want Happen? (Exercise, Eating Healthy, etc.)

Reward: When I Achieve My Goals, I Will Celebrate Me... (Hike, Time w/Kids, Movie Night, etc.)

Aspire to Greatness... Always!

You-nique Physique Personal Training Studio
7460 Callaghan Road, Suite 200 - San Antonio, TX. 78229
Contact Us: (210) 348-2990 - Email Us: info@youniquephysique.com
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Sonya's Food and Activity Journal

Instructions: When you eat, please fill in the time that you ate and also you the beverages that you had with your meal.

DAY ONE

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY TWO

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY THREE

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY FOUR

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY FIVE

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY SIX

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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DAY SEVEN

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Notes: Log your exercise and/or any other health related experiences from this day.

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