

Decide Ahead of Time Journal Page

Self Integrity:

- Journal page for: _____(date)
- Prepared ☐ Night Before ☐ Morning

You Propel What You Plan:

Plan the Day's Food

- Food #1 ☐ Meal ☐ Snack • Time: _____ 
- Foods and Amounts:



_____	_____
_____	_____
_____	_____

- Food #2 ☐ Meal ☐ Snack • Time: _____
- Foods and Amounts:

_____	_____
_____	_____
_____	_____

- Food #3 ☐ Meal ☐ Snack • Time: _____
- Foods and Amounts:

_____	_____
_____	_____
_____	_____

Decide Ahead of Time!

Use Your Eating Protocol to Decide Tomorrow

WHAT,
WHEN,
and the **AMOUNT**

You Will Eat Tomorrow!



I turned all electronics
off at _____.
I slept _____ hours
from _____ to _____.



I drank _____ ounces of
water:



You Move What You Measure--

Evaluate This Day's Eating Protocol:

- Fasting Coping Techniques That Helped: _____
- Craving/Buffering Techniques That Helped: _____
- Changes for Next Day: _____