

# Decide-Ahead-of-Time Journal Page

Date: \_\_\_\_\_



## 1 Decide Food Ahead of Time

- Food #1  Meal  Snack

◦ Foods and Amounts:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Food #2  Meal  Snack

◦ Foods and Amounts:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Food #3  Meal  Snack

◦ Foods and Amounts:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 2 Sleep Glorious Sleep



I turned all electronics off at \_\_\_\_\_.

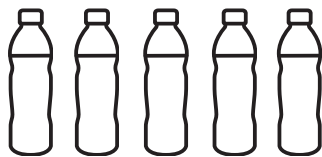
I slept \_\_\_\_\_ hours

I slept from from \_\_\_\_\_ to \_\_\_\_\_.



## 3 H2O All Day!

I drank \_\_\_\_\_  
ounces of water



## 4 Plan Timed Eating Ahead of Time

- Food #1 Time: \_\_\_\_\_
- Food #2 Time: \_\_\_\_\_
- Food #3 Time: \_\_\_\_\_