

# Decide Ahead of Time Journal Page

## Self Integrity:

- Journal page for: \_\_\_\_\_(date)
- Prepared  Night Before  Morning

## Decide Ahead of Time!

Use Your Eating Protocol to Decide Tomorrow

**WHAT,**  
**WHEN,**  
and the **AMOUNT**

You Will Eat Tomorrow!

## You Propel What You Plan:

### Plan the Day's Food

- Food #1  Meal  Snack • Time: \_\_\_\_\_ 
- Foods and Amounts:



_____	_____
_____	_____
_____	_____

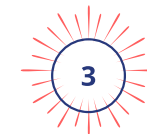


I turned all electronics off at \_\_\_\_\_.

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

- Food #2  Meal  Snack • Time: \_\_\_\_\_
- Foods and Amounts:

_____	_____
_____	_____
_____	_____



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



- Food #3  Meal  Snack • Time: \_\_\_\_\_
- Foods and Amounts:

_____	_____
_____	_____
_____	_____

## 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: \_\_\_\_\_