



Weight Loss

HEALTH JOURNAL



RESOLUTIONS

HAVE A POSITIVE ATTITUDE AND ENJOY EVERY DAY!

HEALTH

WORK

TRAVEL

FAMILY

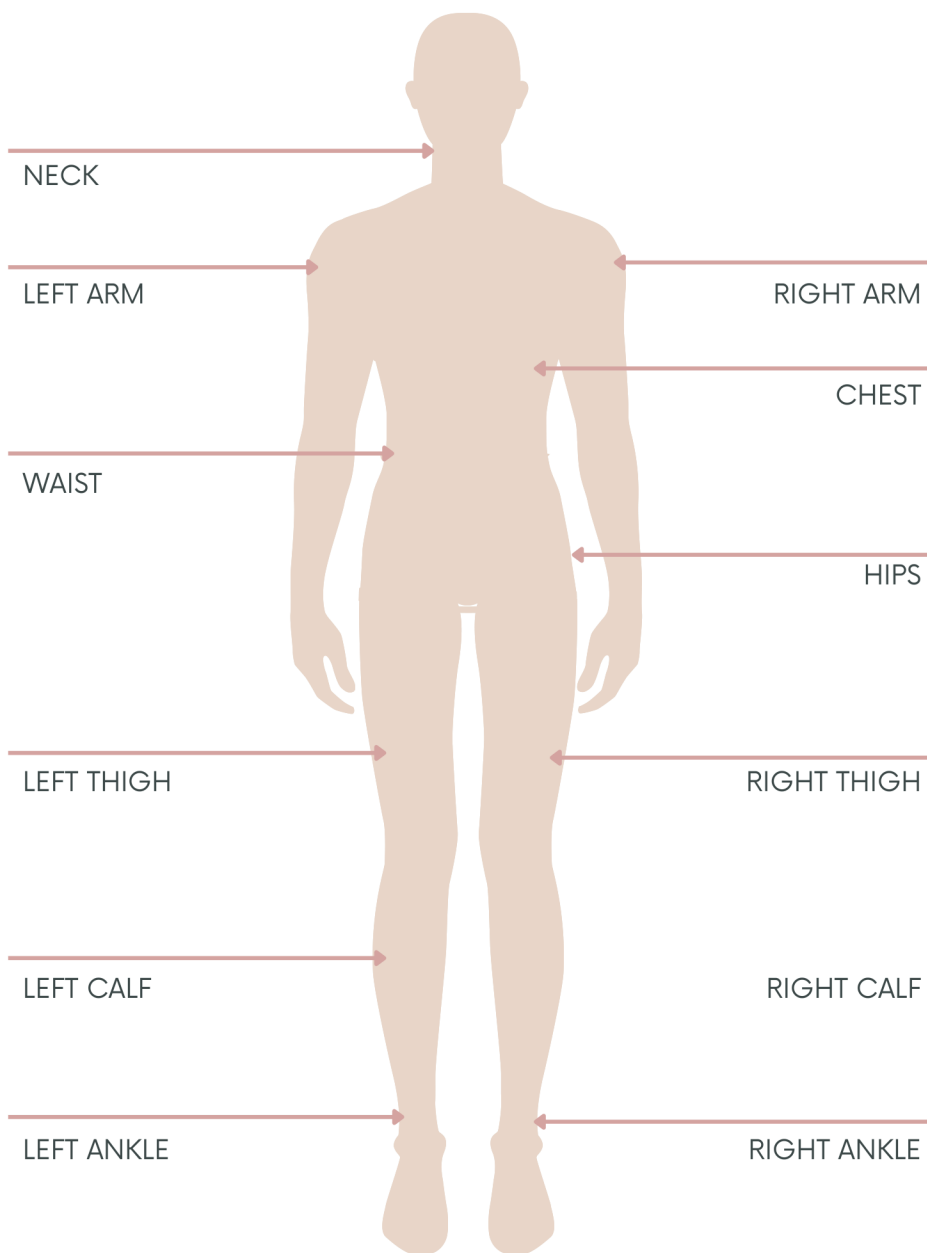
FRIENDS

MONEY

Eat for the Body you Want. Not for the Body You Have!

Body Measurement Chart

Date: _____



Weight Tracker

STARTING WEIGHT

GOAL WEIGHT

BODY FAT %

BODY FAT %

NOTES



"Do things at your own pace. Life's not a race."

How to eat right to be healthy and energetic

tips and tricks for all ages

☐

DIVERSIFY YOUR DIET

☐

DRINK ENOUGH WATER

☐

DRINK ENOUGH WATER

☐

REDUCE SUGAR AND SALT INTAKE

☐

EAT MORE PROTEIN

☐

REDUCE THE AMOUNT OF FAT

☐

EAT FOODS RICH IN VITAMINS AND MINERALS

☐

DO NOT FORGET ABOUT HEALTHY SLEEP

MONTH
WEEK

LIST

MONTH
WEEK

LIST









MONTHLY WELLNESS LOG

Month

Daily Affirmation

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Today I am grateful for:

1.

2.

3.

Things I can do to make today great:

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Wellness Log

Water Tracker 

Exercise Log

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Mood Tracker 

Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Great things that happened today:

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Thoughts and Reflections

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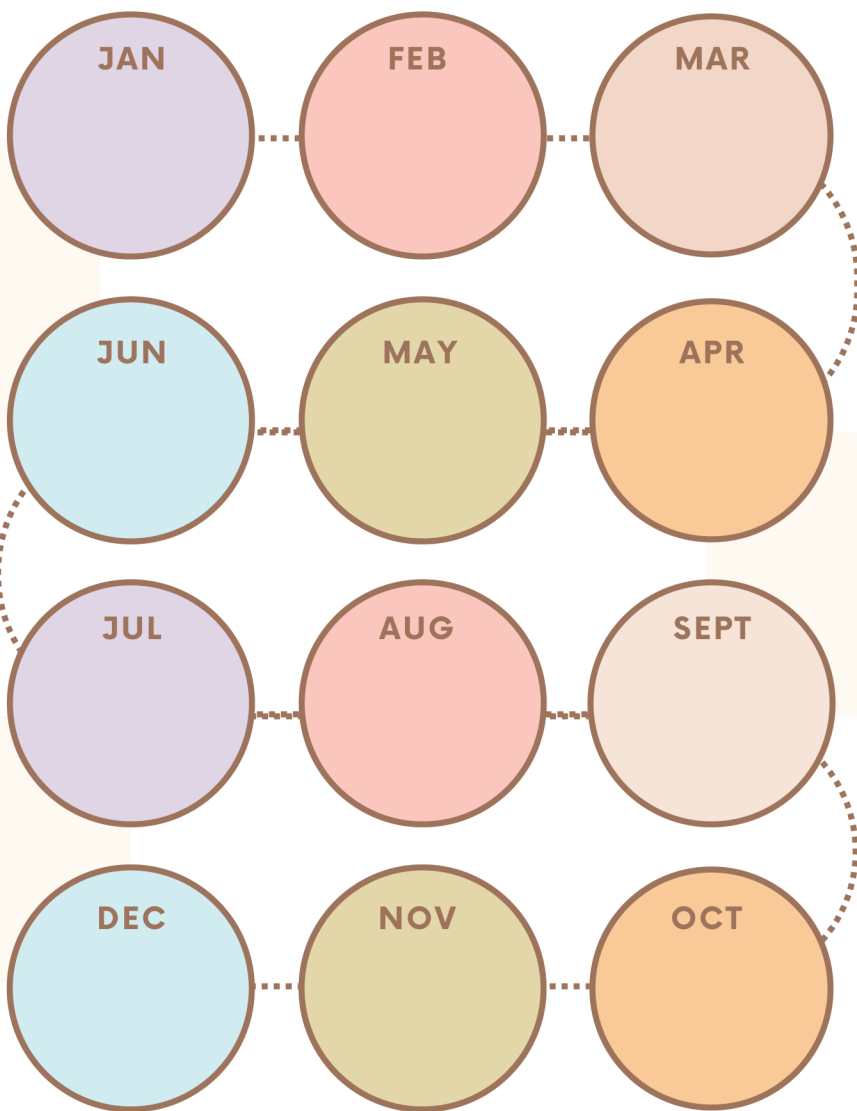
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GOALS TRACKER



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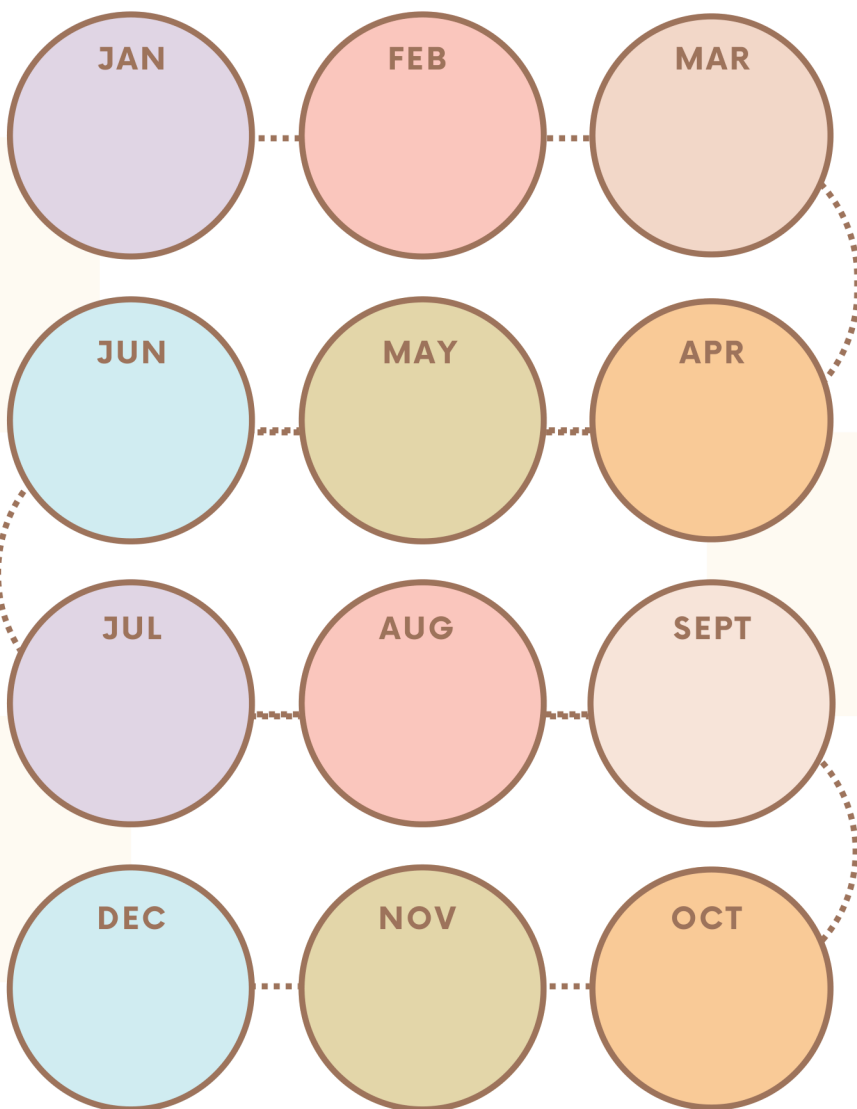
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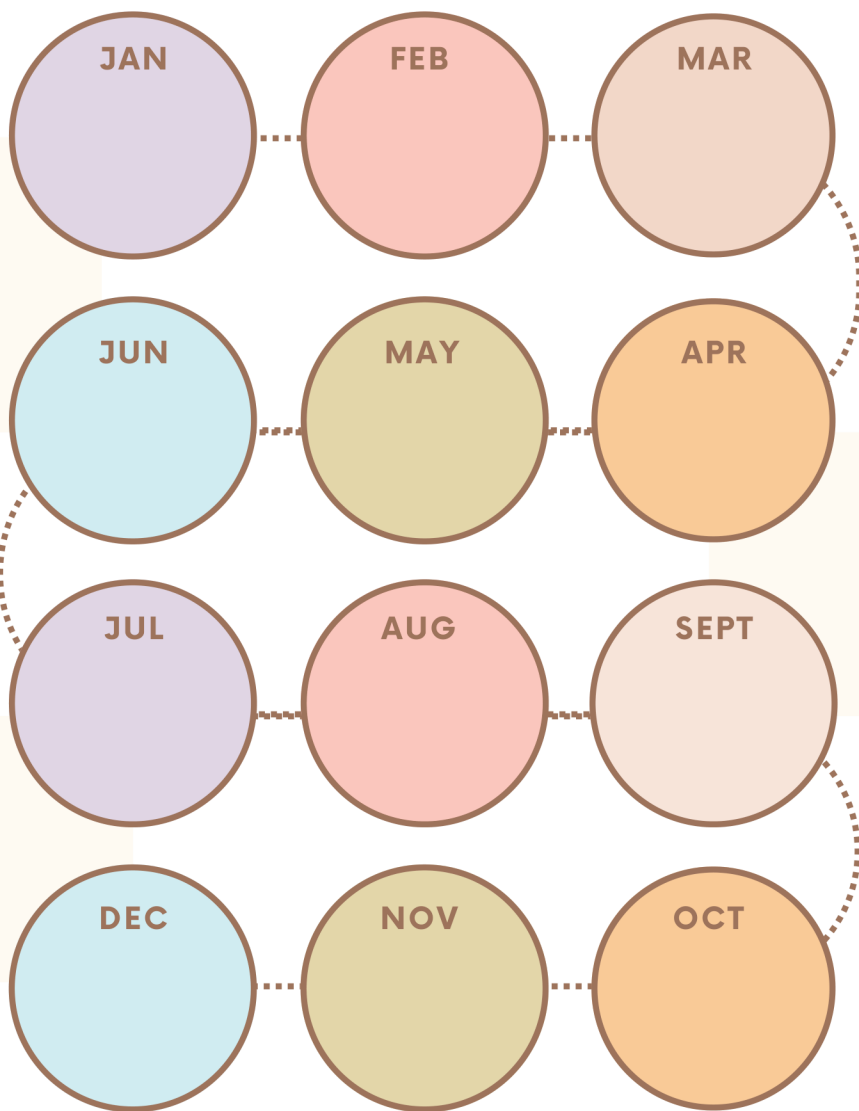
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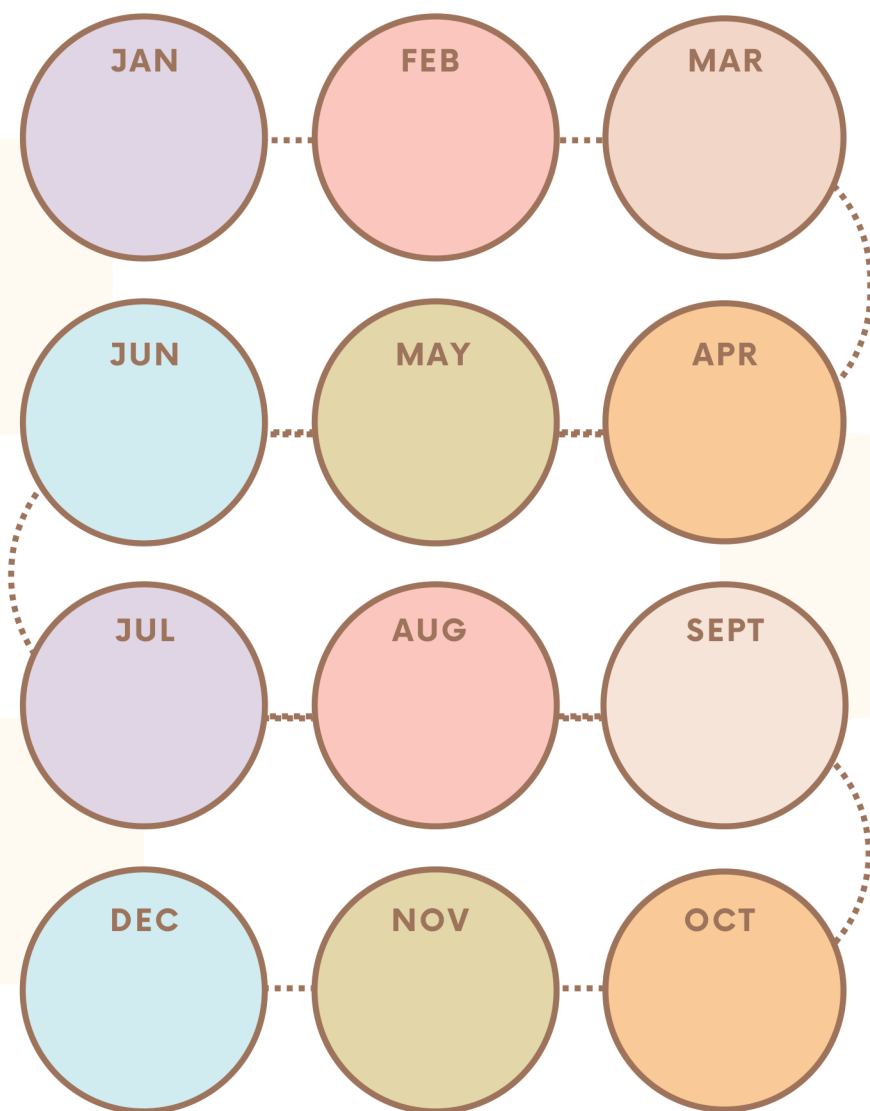
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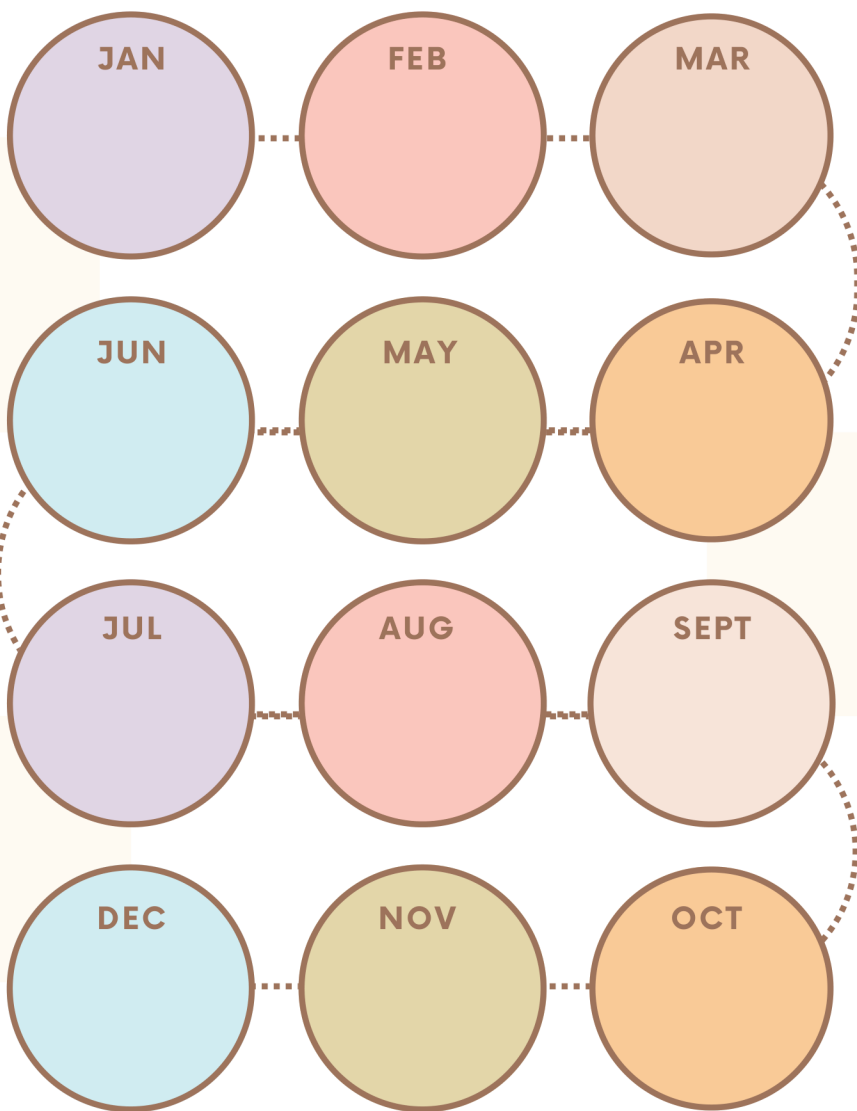
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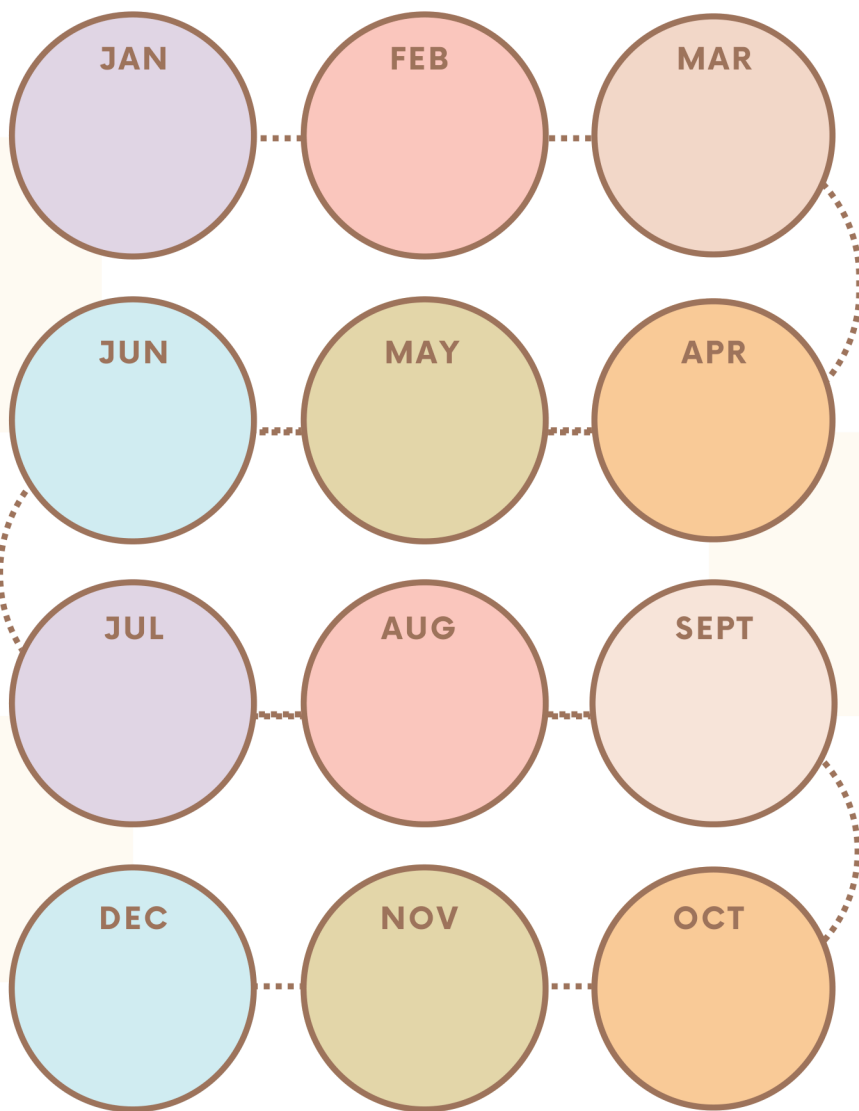
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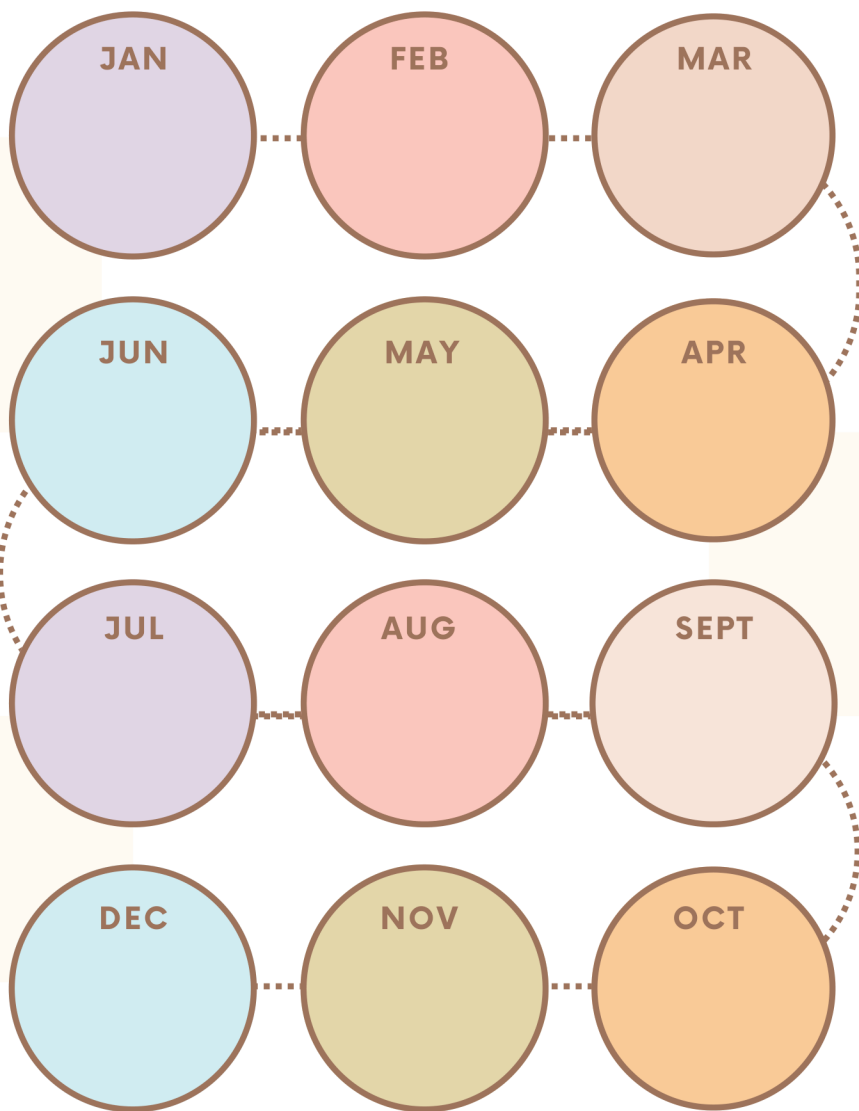
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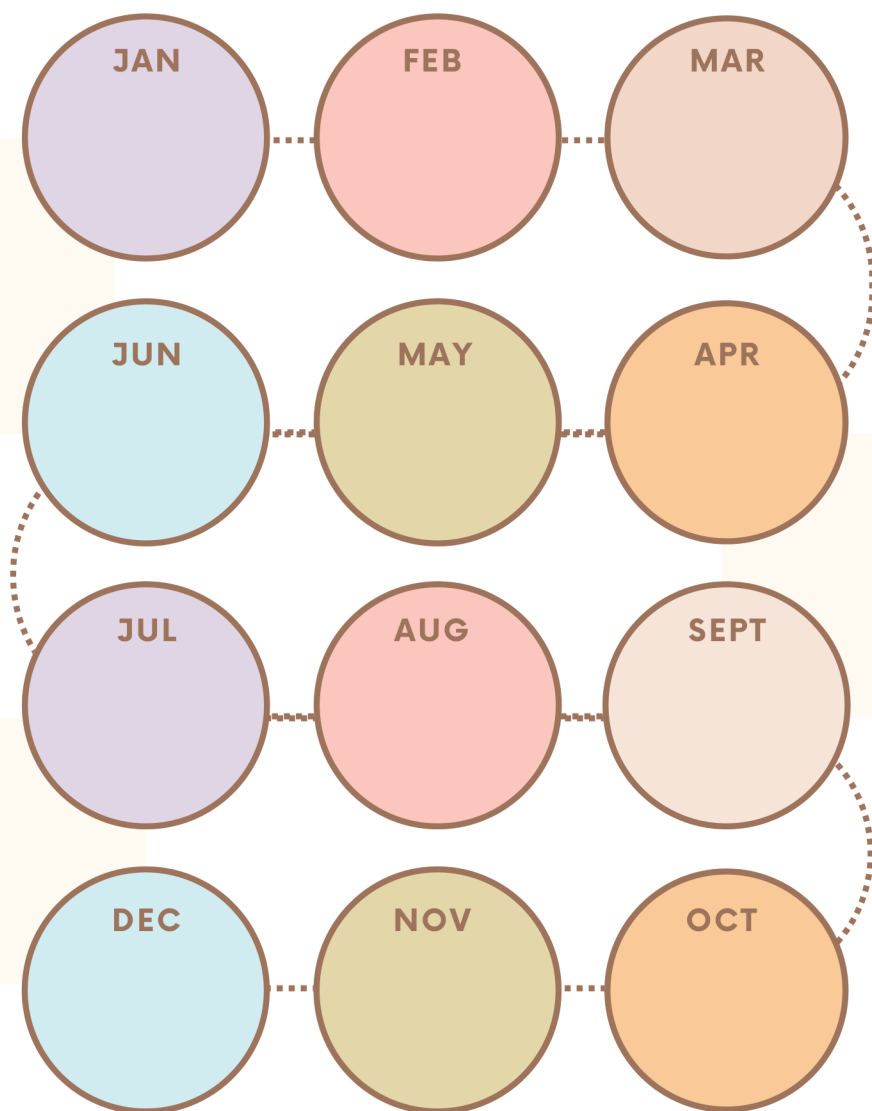
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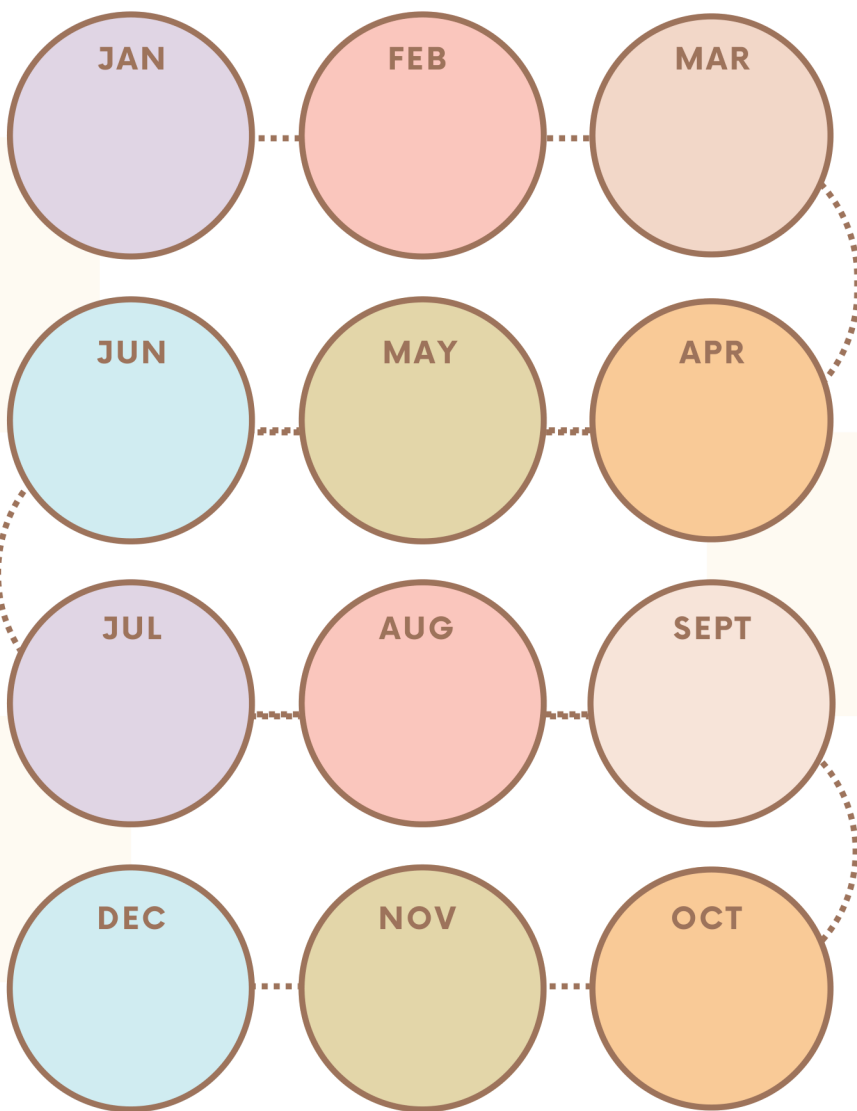
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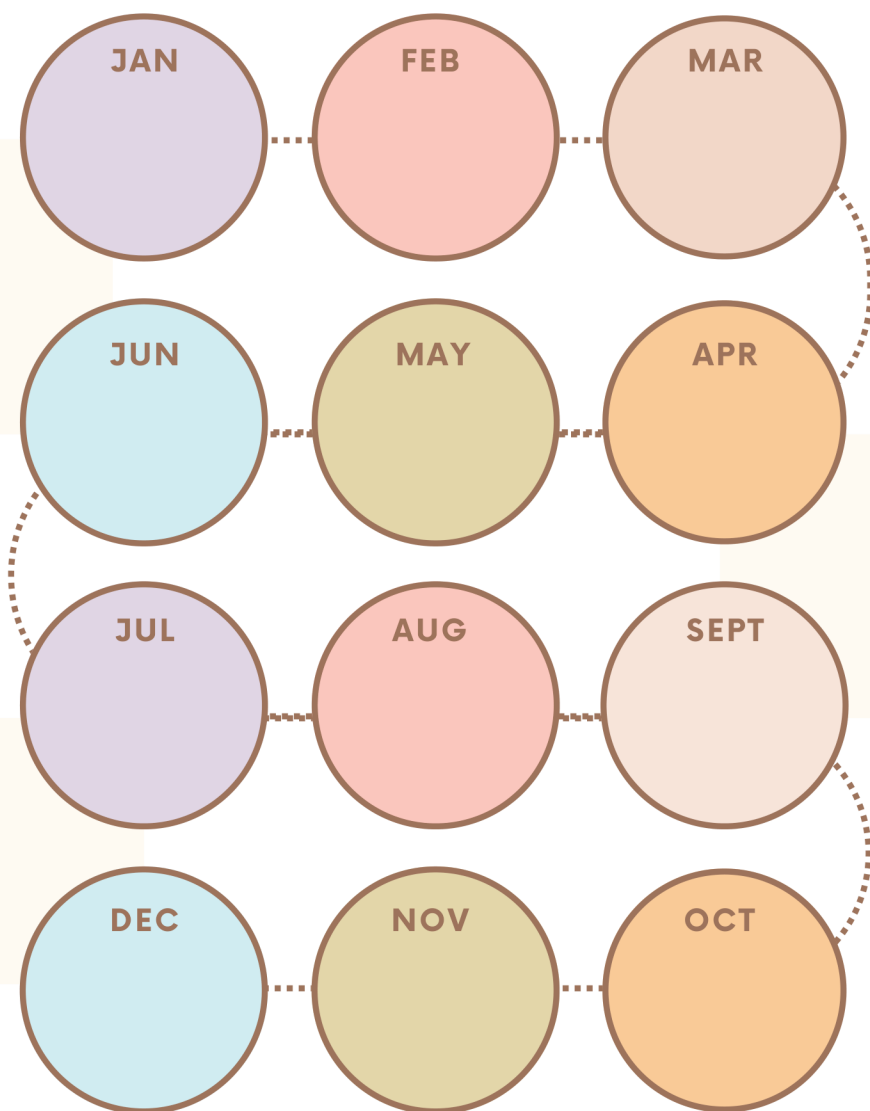
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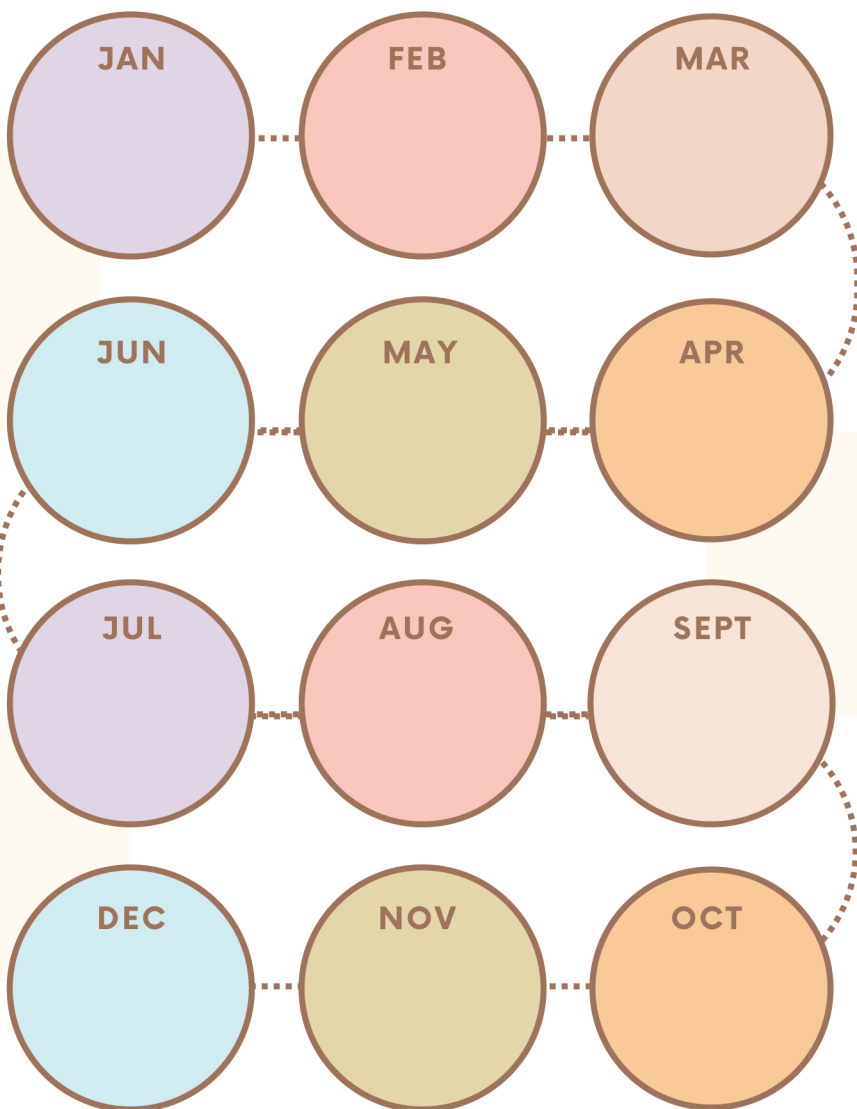
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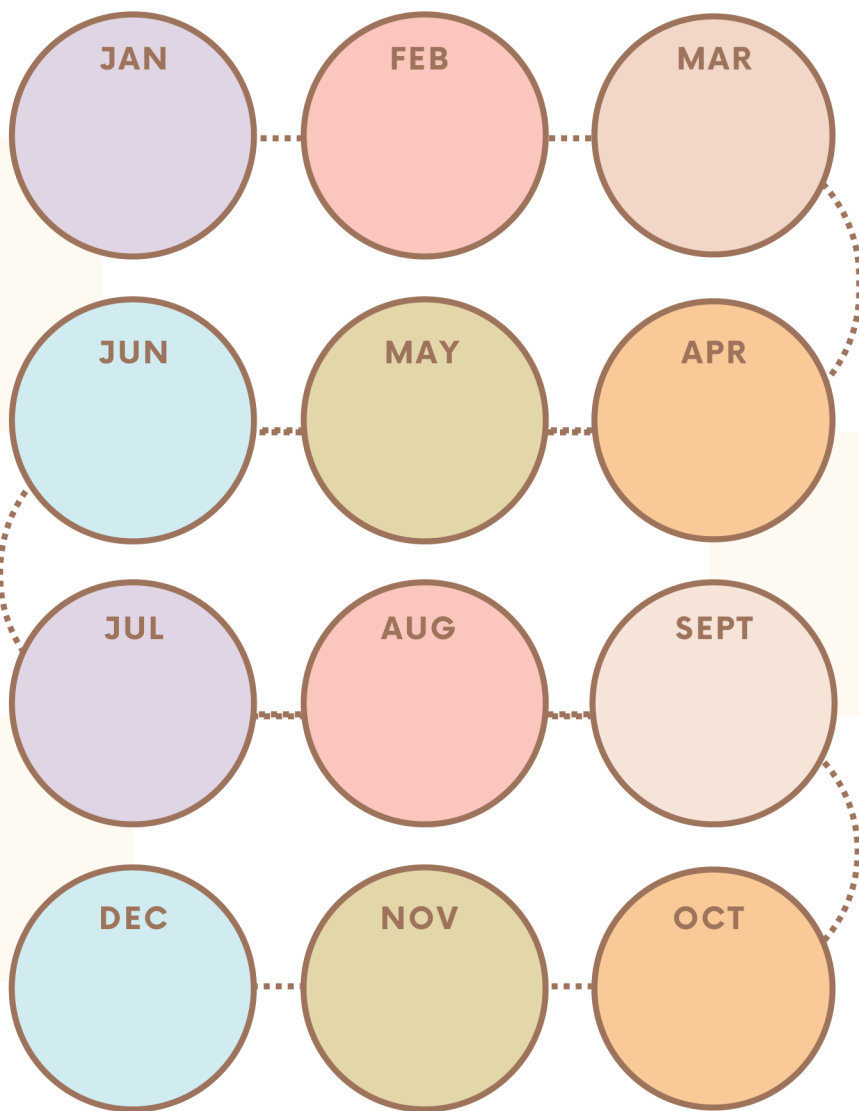
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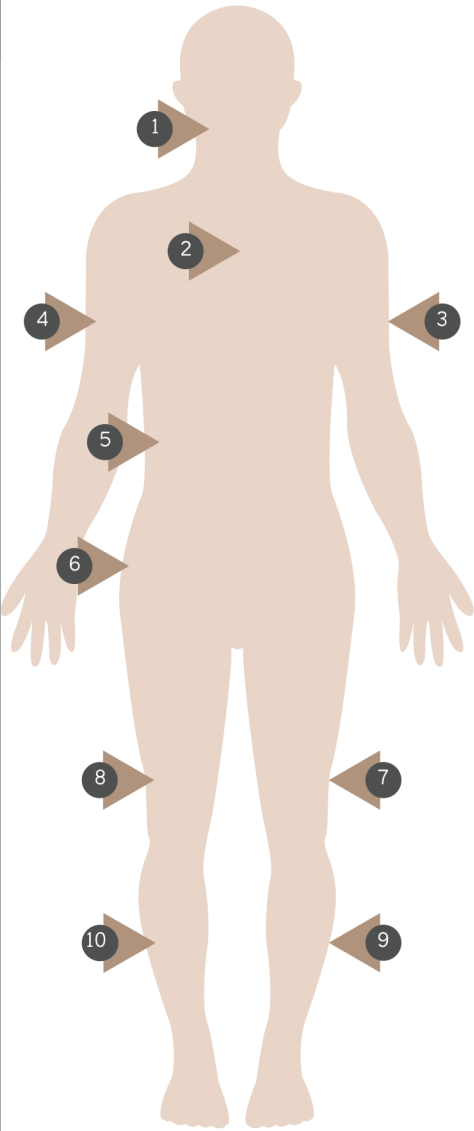
GOALS TRACKER



YEAR:

BODY MEASUREMENT

BEFORE		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	



AFTER		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	









Believe in
you
by Linda Cook

@drawastartoday

www.drawastar.com