

Nutrition Journal

Change Your Life style today

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I, _____, commit to start my personal health challenge on _____ and continue for a minimum of eight weeks. I believe that I can accept and complete my challenge to the best of my ability:

1. I realize this is work and accept the self-care price I must pay to achieve my personal goals for improved health.

2. I commit to keeping a daily journal that tracks my progress and forgives my slip ups.

3. I strive to take action with out complain

4. I will be assertive to take care of this body

MY GOAL _____

Daily Nutritional Log

(Please make copies as you need them)

<i>Date</i> _____	<i>Food</i>	<i>Amount</i>	<i>Time</i>	<i>Reason</i>
Meal one				

<i>Date</i> _____	<i>Food</i>	<i>Amount</i>	<i>Time</i>	<i>Reason</i>
Meal one				

Dietary Prescription (To be done by
Trainer) _____

