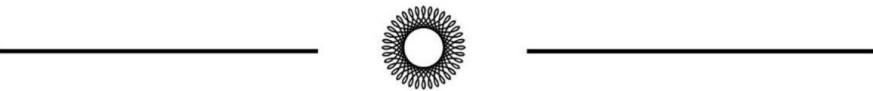


Date: \_\_\_\_\_

One thing that would make today great:

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

Today's mantra: \_\_\_\_\_



Drank my water: \_\_\_\_\_ ounces

Ate my greens: \_\_\_\_\_

Dose of fresh air or sunshine: \_\_\_\_\_

3 moments I am grateful for today:

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

Non Scale Victory: \_\_\_\_\_

Tomorrow's focus:

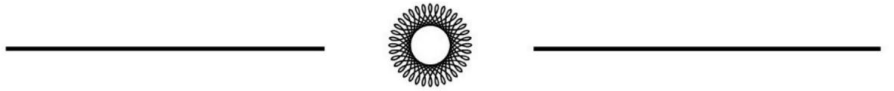
\_\_\_\_\_  
\_\_\_\_\_

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

One thing that would make today great:

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

Today's mantra: \_\_\_\_\_



Drank my water: \_\_\_\_\_ ounces

Ate my greens: \_\_\_\_\_

Dose of fresh air or sunshine: \_\_\_\_\_

3 moments I am grateful for today:

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

Non Scale Victory: \_\_\_\_\_

Tomorrow's focus:

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

