

## Alchemiss "Best Life" Journal page

Please use this Journal page for logging your nutrition and exercise on a daily basis. This is how you can keep track of your progress and hold yourself accountable. This worksheet serves as the preparation needed to live your best day!!

Breakfast What? \_\_\_\_\_ Where? \_\_\_\_\_

\_\_\_\_\_

Snack What? \_\_\_\_\_ Am I prepared? \_\_\_\_\_

\_\_\_\_\_

Lunch What? \_\_\_\_\_ Where? \_\_\_\_\_

\_\_\_\_\_

Snack What? \_\_\_\_\_ Am I prepared? \_\_\_\_\_

\_\_\_\_\_

Dinner What? \_\_\_\_\_ Where? \_\_\_\_\_

\_\_\_\_\_

When will I exercise? \_\_\_\_\_

Exercise Plans: Activity \_\_\_\_\_ Duration \_\_\_\_\_

How did you feel? Strong Average Weak Tired

Visualization ---Have I set aside time?

Positive affirmation of the day:

\_\_\_\_\_

\_\_\_\_\_

Results of the day:

What I did right \_\_\_\_\_

What I could improve on \_\_\_\_\_

Did I stay within the Food Guidelines specific to me ? \_\_\_\_\_

Ways to improve tomorrow:

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How was my sleep the night before? \_\_\_\_\_

What are my worries this evening?

What are my greatest fears?

What are some possible solutions to these worries?

What are ways you can confront and alleviate these fears?

What are you thankful for?

~Sweet Dreams~

For the Spirit:

Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture...Do not build up obstacles in your imagination.

~Norman Vincent Peale

