

DAILY CHECKLIST FOR SUCCESS

Awareness is a great tool to help create better habits.

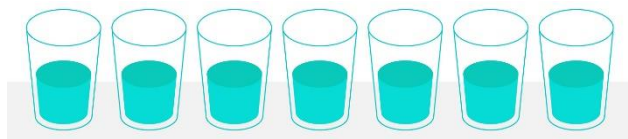
The following questions will help you reflect on your day. Use the answers to identify any potential problem areas.



✓ = Yes * = No

- I weighed and measured everything on my menu plan
- I ate all the food on my menu plan
- I stuck with the menu and didn't add any extra food or drinks
- I didn't feel hungry
- I exercised. Steps or minutes _____
- I drank my 8 glasses of water
- I had 7-8 hours sleep last night

The more **TICKS** you see each day, the more chance you're staying on track.



For the **CROSSES** write some more details.

For example, if you grabbed a couple of lollies, write that down.

Mindset check in

The battle of the bulge is one that's largely fought in your mind. I have started some sentences and I want you to finish them.

I was able to stick with my menu plan today because I _____

My favourite food from today's menu was _____

I was able to exercise because I _____

I was able to manage my emotions because I _____

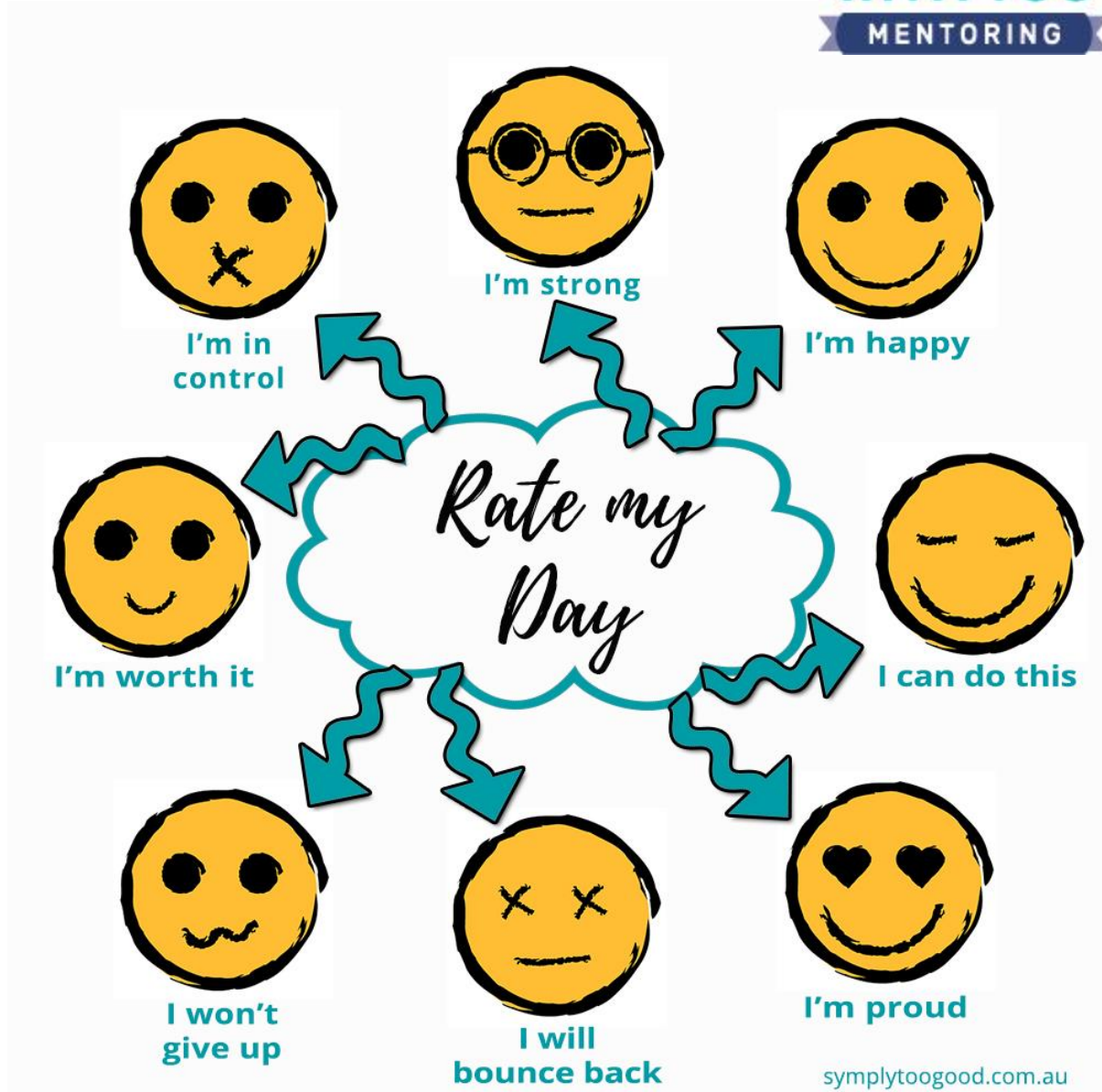
I feel great about _____

As I complete this check in, I realise that I _____

Tomorrow I will make sure I _____

Rate my day

Circle one or two statements in the diagram below that best describe how you *feel* as you review your day



REMEMBER... you can't control what others think, say, or do...
But you **CAN** control your own thoughts, words, and actions.
And... your actions will determine your results.

I'll leave you to ponder these 2 questions:

What do you have to **DO** to become who you want to be?
What do you have to **GIVE UP** to become who you want to be?

Keep this daily check in as a record of your week. So, if the scales aren't showing you what you want to see on weigh in day, you can look back over your week.

HINT: You may not want to print this out each day, so you could print it out once and write your answers into a journal.