

“new you” journal

Here are simple versions of the templates I give my clients to record their progress. Copy them into your journal, or download them from my website, www.michellebridges.com.

daily food/exercise diary

food

calories In

breakfast

snack (optional)

lunch

snack (optional)

dinner

total

exercise

calories out

basal metabolic rate

total

calorie surplus/deficit

physically I felt:

emotionally I felt:

