"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
basa	al metabolic rate	
	total	
calorie	surplus/deficit	
physically I felt:		
emotionally I felt:		

			week	kiy sumr	nary			
	mon	tue	wed	thu	fri	sat	sun	total
calorie surplus/ deficit								
last week's weight		this week's weight		difference				

12-week progress chart

	weight	calorie surplus/deficit	chest	me waist	asurements hips	thighs	arms
start							
week 1							
week 2							
week 3							
week 4							
week 5							
week 6							
week 7							
week 8							
week 9							
week 10							
week 11							
week 12							
	blood pressure			cholesterol			
	Start	Week 1	12	Start		Week 12	