

This is a free sample page from *A Realistic Eating and Exercise Record Book: A Six-Month Log and Journal for Dedicated Individuals* by Larry Zafran. The book is intended to be used in conjunction with *Weight Loss Made a Bit Easier: Realistic and Practical Advice for Healthy Eating and Exercise* by Larry Zafran. Both are available for purchase on Amazon.com and free reading on Google Books. A separate PDF file includes brief instructions for using the journal. Please visit the author's website at www.LarryZafran.com for more information.

Date: __/__/__	Wakeup: ____	Motivation/Focus: _____
Goals for the Day: _____		
Stretching: ____ Strengthening: _____		
Cardio: _____		Meditation/Breathing: ____
Time: ____ 1 st Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: ____ 2 nd Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: ____ 3 rd Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: ____ 4 th Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: ____ 5 th Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: ____ Last Eating: _____		Hrs. Until Bed: ____
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Water: _____	Alcohol: ____	Activeness: __ Indep.: __ Bedtime: ____
Notes: _____		
Support/Sabotage: _____		
Moods/Stress: _____		Accuracy: ____
Goals Met? Why (Not)? _____		Self Score: ____

MONTHLY SELF-ASSESSMENT	
Monthly Goals Met? Why (Not)? _____	
Clothes Feeling Looser? _____	
Energy/Fitness Level: _____	
Biggest Challenge This Month: _____	
Goals for Next Month: _____	
Food Selection Plan for Next Month: _____	
Portion Control Plan for Next Month: _____	
Exercise Plan for Next Month: _____	
Emotion/Time Mgmt. Plan for Next Month: _____	
Overall Feelings About Progress: _____	