

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](http://www.LarryZafran.com) for more information.

Date: __/__/__	Wakeup: _____	Motivation/Focus: _____
Goals for the Day: _____		
Stretching: _____ Strengthening: _____		
Cardio: _____ Meditation/Breathing: _____		
Time: _____ 1 <sup>st</sup> Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: _____ 2 <sup>nd</sup> Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: _____ 3 <sup>rd</sup> Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: _____ 4 <sup>th</sup> Eating: _____		
FL(Pre): __	FL(20 after): __	Food Choice: __ Portion: __ Calm/Aware: __
Time: _____ 5 <sup>th</sup> 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: _____

<b>WEEKLY SELF-ASSESSMENT</b>	
Weekly Goals Met? Why (Not)? _____	
Biggest Challenge This Week: _____	
Goals for Next Week: _____	
Food Selection Plan for Next Week: _____	
Portion Control Plan for Next Week: _____	
Exercise Plan for Next Week: _____	
Time Mgmt. Plan for Next Week: _____	
Emotion Mgmt. Plan for Next Week: _____	
Overall Feelings About Progress: _____	