



Healthy Living Journal

S M **T** W R F S

circle the day of the week

jan / 3 / 2012

month / day / year

Current Moon Phase :

2nd Quarter

Wake-up Mood :

OK

Today's Weather:

Gray, Cold, Windy

Evening Mood:

Grumpy

place a check in each 8 oz. glass you drink

Water:



Caffeinated Drinks:



Alcoholic Drinks:



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TAKE TIME TO BREATHE...

did you take time for yourself or to meditate?

1 mile walk outside 40 minutes

Choice of Time Out

Duration

GET UP AND MOVE!!

type of activity	reps/time	calories burned
Strength: <i>side lunge</i>	<i>3 min.</i>	
Cardio: <i>butt kicks</i>	<i>2 min.</i>	
Abs: <i>bi-crunch</i>	<i>1 min.</i>	
Other:		

Time	Meal	Food / Drink				Calories	Reason for Eating / Mood
		carbs	protein	veggies	fat		
<i>8am</i>	<i>Br.</i>	<i>1 piece of toast w/ PB</i>				<i>200</i>	
<i>11am</i>	<i>Ln</i>	<i>tuna w/ celery & crackers</i>				<i>300</i>	
<i>2pm</i>	<i>Snack</i>	<i>Yagart with Granola</i>				<i>150</i>	
<i>5pm</i>	<i>Dr</i>	<i>meatloaf & baked potatoes</i>				<i>500</i>	
<i>8pm</i>	<i>Snack</i>	<i>crackers</i>				<i>150</i>	
		<i>Total: (plus 500 cal from coffee)</i>				<i>2300</i>	

Notes:

Need to drink more Water!!

Today's Weight:

219

How did I do today?

circle a number below

1 2 **3** 4 5

not so good GREAT!!