Mini Journal Card-Side One	Mini Journal Card-Side One
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water	Water
Date: Day:	Date: Day:
Meals1 23456	Meals123456
Exercise	Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water 🗆 🔲 🔲 🔲 🗆 Total	Water 🗆 🗆 🗆 🗆 Total
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water 🗆 🔲 🔲 🔲 🔲 Total	Water
Date: Day:	Date: Day:
Meals123456	Meals123456
Exercise	Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water	Water
Mini Journal Card-Side One	Mini Journal Card-Side One
Mini Journal Card-Side One Date: Day:	Mini Journal Card-Side One Date: Day:
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Date: Day:	Date: Day:
Date: Day: Meals 1 2 4 5 6	Date: Day: Meals 1 2 3 4 5 6
Date: Day: Meals 1 2 3 4 5 6 Exercise	Date: Day: Meals 1 2 3 4 5 6 Exercise
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water Total	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water
Date: Day: Meals123456 Exercise Comments/Food eaten/Issues Water	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise 3 4 5 6 Exercise 3 4 5 6
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water Day: Date: Day: Meals 1 2 3 4 5 6	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water Total Date: Day: Meals 1 2 3 4 5 6 Exercise	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise 3 4 5 6 Exercise 3 4 5 6
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues	Date: Day: Meals1 2 3 4 5 6 Exercise
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water Water	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 1 1
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 1 Date: Day:	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 1 1 Date: Day:
Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 Meals 1 2 3 4 5 Meals 1 2 3 4 5	Date: Day: Meals1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 6 Exercise Comments/Food eaten/Issues Water 1 2 3 4 5 Date: Day: Meals 1 2 3 4 5
Date: Day: Meals1 2 3 4 5 6 Exercise	Date: Day: Meals1 2 3 4 5 6 Exercise
Date: Day: Meals123456 Exercise	Date: Day: Meals1 2 3 4 5 6 Exercise
Date: Day: Meals123456 Exercise	Date: Day: Meals123456 Exercise
Date: Day: Meals123456 Exercise	Date: Day: Meals1 2 3 4 5 6 Exercise
Date: Day: Meals123456 Exercise Comments/Food eaten/Issues Water 0 0 0 Total Date: Day: Meals1 2 3 4 5 6 Exercise	Date: Day: Meals1 2 3 4 5 6 Exercise

Mini Journal Card-Side Two	Mini Journal Card-Side Two
Date: Day:	Date: Day:
Meals123456	Meals123456
Exercise Comments/Food eaten/Issues	Exercise Comments/Food eaten/Issues
Water	Water
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water	Water
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water 🗆 🔲 🔲 🔲 🔲 Total	Water 🗆 🔲 🔲 🔲 🔲 Total
Weekly Summary	Weekly Summary
Progress this week	Progress this week
Goal for next week	Goal for next week
WeightPounds lost	Weight Pounds lost
Mini Journal Card-Side Two Date: Day:	Mini Journal Card-Side Two Date: Day:
Meals123456	Meals123456
Exercise	Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water	Water
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water	Water Total
Date: Day:	Date: Day:
Meals123456 Exercise	Meals123456 Exercise
Comments/Food eaten/Issues	Comments/Food eaten/Issues
Water 🗆 🗎 🗎 🗎 Total	
	Water
Weekly Summary	Weekly Summary
	Progress this week
Weekly Summary	Weekly Summary