

Mini Journal Card-Side One

Date: 7-1

Day: 1

Meals 6:30 1 9:00 2 12:00 3 2:15 4 meal 5 8:00 6

Exercise Walked the dog for 10 minutes

Comments/Food eaten/Issues Stayed busy, didn't have much problem
with hunger. A little tired especially evening.

Water ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☐ Total 7

Date: 7-2

Day: 2

Meals 6:30 1 9:00 2 12:30 3 3:00 4 meal 5 9:00 6

Exercise None

Comments/Food eaten/Issues Really hungry today! Lots of
food at employee potluck, so I worked during lunch. No eating!

Water ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒ Total 8

Date: 7-3

Day: 3

Meals 6:30 1 9:00 2 12:30 3 3:30 4 meal 5 8:00 6

Exercise Walked the dog for 10 minutes-more energy today

Comments/Food eaten/Issues Sure would have liked those brownies
at work! But didn't eat! Hunger seems less, feeling positive!

Water ☒ ☒ ☒ ☒ ☒ ☐ ☐ ☐ Total 5 (oops)