

# Transformation Journal

Week 8, Day 1

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes \_\_\_ No \_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 2

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes \_\_\_ No \_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 3

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_ No\_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 4

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_ No\_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 5

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_ No\_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 6

## Daily habits checklist:

- I walked for 15 minutes
- I focused on my portions at each meal
- I focused on eating the "rainbow"
- I started my challenge!
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had four glasses of water in addition to my daily tonics
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_ No\_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 8, Day 7

## Daily habits checklist:

- \_\_\_\_ I walked for 15 minutes
- \_\_\_\_ I focused on my portions at each meal
- \_\_\_\_ I focused on eating the "rainbow"
- \_\_\_\_ I started my challenge!
- \_\_\_\_ I ate ½ cup or more of resistant starch
- \_\_\_\_ I ate something raw at every meal
- \_\_\_\_ I prayed my weight loss prayer
- \_\_\_\_ I had four glasses of water in addition to my daily tonics
- \_\_\_\_ I wore my pedometer and walked \_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_\_ No\_\_\_\_

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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Here's how I'm going to celebrate this week's victories:

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**Well Done! Another Week Completed! GREAT work!**