

Transformation Journal

Week 7, Day 1

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 2

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 3

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 4

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 5

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 6

Daily habits checklist:

- I walked for 10 minutes
- I focused on eating the "rainbow"
- I got some friends together for your challenge (just need to do this once...)
- I ate ½ cup or more of resistant starch
- I ate something raw at every meal
- I prayed my weight loss prayer
- I had three 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:

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

Transformation Journal

Week 7, Day 7

Daily habits checklist:

- _____ I walked for 10 minutes
- _____ I focused on eating the "rainbow"
- _____ I got some friends together for your challenge (just need to do this once...)
- _____ I ate ½ cup or more of resistant starch
- _____ I ate something raw at every meal
- _____ I prayed my weight loss prayer
- _____ I had three 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:

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

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

Woohoo! Another week completed! You are "cookin' with gas"! Keep up the GREAT effort!