

Transformation Journal

Week 6, Day 1

Daily habits checklist:

____ I ate ½ cup or more of resistant starch

____ I ate something raw at every meal

____ I prayed my weight loss prayer

____ I had two 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___

____ I completed my 5 minute walking segment

____ I met with my Life Transformation Group (LTG) and asked my question

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 6, Day 2

Daily habits checklist:

____ I ate ½ cup or more of resistant starch

____ I ate something raw at every meal

____ I prayed my weight loss prayer

____ I had two 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 ___

____ I completed my 5 minute walking segment

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 6, Day 3

Daily habits checklist:

___ I ate ½ cup or more of resistant starch

___ I ate something raw at every meal

___ I prayed my weight loss prayer

___ I had two 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___

___ I completed my 5 minute walking segment

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 6, Day 4

Daily habits checklist:

- ___ I ate ½ cup or more of resistant starch
- ___ I ate something raw at every meal
- ___ I prayed my weight loss prayer
- ___ I had two 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___
- ___ I completed my 5 minute walking segment

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 6, Day 5

Daily habits checklist:

- ___ I ate ½ cup or more of resistant starch
- ___ I ate something raw at every meal
- ___ I prayed my weight loss prayer
- ___ I had two 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___
- ___ I completed my 5 minute walking segment

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 6, Day 6

Daily habits checklist:

____ I ate ½ cup or more of resistant starch

____ I ate something raw at every meal

____ I prayed my weight loss prayer

____ I had two 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____

____ I completed my 5 minute walking segment

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 6, Day 7

Daily habits checklist:

- ___ I ate ½ cup or more of resistant starch
- ___ I ate something raw at every meal
- ___ I prayed my weight loss prayer
- ___ I had two 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___
- ___ I completed my 5 minute walking segment

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!