

# 'new you' journal

Here are simple versions of the templates I give my clients to record their progress. Copy them into your journal, or download them from my website: [www.michellebridges.com.au](http://www.michellebridges.com.au)

## daily food/exercise diary

<b>food*</b>	<b>calories in</b>
breakfast	
snack (optional)	
lunch	
snack (optional)	
dinner	
*remember to drink 2 litres of water every day	total

  

<b>exercise</b>	<b>calories out</b>
	basal metabolic rate
	total
	<b>calorie surplus/deficit</b>

physically I felt:

emotionally I felt:

## weekly summary

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	total
calorie surplus/deficit								
<b>last week's weight</b>	<b>this week's weight</b>			<b>difference</b>				

## 12-week progress chart

	weight	calorie surplus/deficit	measurements				
			chest	waist	hips	thighs	arms
start							
wk 1							
wk 2							
wk 3							
wk 4							
wk 5							
wk 6							
wk 7							
wk 8							
wk 9							
wk 10							
wk 11							
wk 12							

  

blood pressure		cholesterol	
start	week 12	start	week 12