



# My Lifestyle Journal

Everyday I become stronger,  
happier and healthier.



[www.wendylorddietician.co.za](http://www.wendylorddietician.co.za)



## Benefits of keeping a lifestyle journal

Keeping a record of what you eat, your weight, how much exercise you do, how much sleep you get, how much water you drink, and how you are feeling may help:

- Improve your food choices.
- Improve your food portions,
- Increase the amount of weight you lose.
- Make you more mindful of what you eat and drink.
- Achieve your goals.
- Track your progress.
- Gain confidence in your new healthy habits.
- Reduce your stress and anxiety over health and weight loss.
- Improve your discipline when it comes to exercise.
- Push a little harder during exercise.
- Improve your sleep habits.
- Remind you to drink enough water.

















# How was your week?

Notes:	Rating:
Food:	1 2 3 4 5
Water:	1 2 3 4 5
Exercise:	1 2 3 4 5
Weight:	1 2 3 4 5
Sleep:	1 2 3 4 5
Mood:	1 2 3 4 5

## Goals for next week:

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1.

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2.

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3.

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4.

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5.

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6.

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7.

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