







Track and learn!


Use the following journal pages to help you track and learn from your daily activities.

-  **Fill in the chart with what you eat for meals and snacks each day.** This will help you choose foods from all the food groups and help identify if you are lacking in any group.
-  **Check off the cups of water you drink** as you finish them throughout your day—aim for eight cups of water each day.
-  **Strive for at least seven hours of sleep each night.** Sleep allows your body to recover and refuel for the next day. Check the box every day you achieve that goal.
-  **Strive to be physically active every day** for at least 30 minutes and choose activities you enjoy. Write down how you were physically active every day.
-  **Write down what you did to help manage your stress** each day, such as going for a walk, reading a book, or calling a friend. Take time for yourself and do something that makes you feel good!
-  **If you need support along the way,** visit mvphealthcare.com/WeightLoss for information and resources to help keep you focused on your goals!

Day Date _____

	Fruits	Vegetables	Protein	Grains	Dairy
Breakfast					
Lunch					
Dinner					
Snack					

Check off the glasses of water you drink today.



I got seven or more hours of sleep last night.


Physical Activity _____

Stress Management _____

Day Date _____

	Fruits	Vegetables	Protein	Grains	Dairy
Breakfast					
Lunch					
Dinner					
Snack					

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Physical Activity _____

Stress Management _____

Day

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