



Simple, Healthy Lifestyle Planning

This simple guide can help you become more conscious of your current habits and lead you to make small changes which bring you **big** results!

At the grocery store, as you pick up an item, ask yourself: "Will this bring me **closer to my goals** or take me farther away? If the answer is **CLOSER**, then put it in your basket!

Date: _____

Today's Plan

To Do:	<input type="checkbox"/>		Breakfast:
	<input type="checkbox"/>		
	<input type="checkbox"/>		Dinner:
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

Food Journal

	Food/Beverage	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
	Total	

Fitness		Min.
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Water Intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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www.mommysideabook.com

Call Personal Trainer, Kelly O'Halloran (778-908-3449) to help you make small changes with BIG results.
loveyourworkout.ca