

DAILY JOURNAL

"Today is the first day of the rest of your life"

Date

Please circle the number that gives your current rating for each question below
With 1 being the lowest and 10 the highest.

Today, I feel energetic, vigorous and full of pep?

1 2 3 4 5 6 7 8 9 10

Last night I got a good night's sleep

1 2 3 4 5 6 7 8 9 10

Today I feel tense, anxious or stressed

1 2 3 4 5 6 7 8 9 10

Today I feel worn out or sluggish

1 2 3 4 5 6 7 8 9 10

Today I feel sad, discouraged or gloomy

1 2 3 4 5 6 7 8 9 10

Considering all the factors in your life, how confident are you TODAY that you will stay committed to your SMART Diet for the time it takes you to reach your goals?

1. Not at all
2. Slightly
3. Somewhat
4. Quite
5. Extremely

My CHALLENGES Today!

My SUCCESSES Today!

What Im Grateful for TODAY!
