

14

DAY NUTRITION & EXERCISE JOURNAL

www.Creative-Calendars.com

This Journal Belongs to _____

My goal is _____



MEASUREMENTS

	Before	After	Change
Weight	_____	_____	_____
Waist	_____	_____	_____
Hips	_____	_____	_____
Thigh	_____	_____	_____

Day 1: _____ (Date)

Weight: _____ Goal Weight in 14 days: _____

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Don't keep food that makes
you lose control at home.

WATER



Yesterday YOU said tomorrow

SPORT

Planned: _____ Actual: ! _____

Estimated Calories Burned: _____

**A short workout
is better than no workout**

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 2: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Drink two glasses of water
before each meal.

WATER



It is NOT EASY but
It will be worth it !

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Your *body* can do it
It's your *mind* you have to convince

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 3: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



If you are bored then find something to do. Don't eat

WATER



2 WEEKS FROM NOW

What will you wish you had done today?

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Giving up is not an option

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 4: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Eat more fruit and veggies.

WATER



I CAN and I WILL

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

There are NO shortcuts

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 5: _____ (Date)

n u t r i t i o n

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Never eat while standing up.

w a t e r



HARD work = **RESULTS**

s p o r t

Planned: _____ Actual: _____

Estimated Calories Burned: _____

If it was so easy EVERYONE would be thin!

m o t i v a t i o n

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 6: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Stock up on healthy food so that you always have healthy choices available.

WATER



If **you** don't make any changes then nothing will change

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

**You don't have to run/walk fast.
You just have to run/walk.**

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 7: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Stop eating when full!

WATER



When **YOU** feel like QUITTING
think about why you **started** !

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Running is cheaper than therapy

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 8: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Eat vegetables with every meal.

WATER



What you eat in **PRIVATE**
You wear in **PUBLIC**

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

You get what you put into it

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 9: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Limit processed food.

WATER



Don't give up what you want **MOST**
for what you want **NOW**

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

You will never regret a *workout*

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 10: _____ (Date)

n u t r i t i o n

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



If you eat it write it!

w a t e r



Do you really want to **LOOK** and **FEEL**
like that for the rest of your life?

s p o r t

Planned: _____ Actual: _____

Estimated Calories Burned: _____

**Unless you puke, faint or die keep
going (Jillian Michaels)**

m o t i v a t i o n

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 11: _____ (Date)

n u t r i t i o n

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Think about how far you have come
and not how far you have to go!

w a t e r



The feeling that you get from **EXERCISE**
is far better than the feeling you get from **SUGAR**

s p o r t

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Quitting is NOT an option

m o t i v a t i o n

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 12: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Don't weigh yourself
everyday.

WATER



You don't have to eat **LESS**

You just have to eat **RIGHT**

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

**Working out is quality time with
ME**

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 13: _____ (Date)

nUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Start each day with exercise

wATER



Did you come this FAR
just to GIVE UP?

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

It never gets easier. You just get stronger.

mOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____

Day 14: _____ (Date)

NUTRITION

Breakfast: _____

Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____

Weight: _____

Change: _____

WATER



Carbs that you have been craving for a few hours
OR the body you have **WANTED FOR YEARS**

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

Do it for the endorphins

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____