

# Weight Loss Journal

## 7 Day Digital Journal

A Simple Daily Planner For Diet And Exercise

Minding The Mind



Kevin Rogers

[Rogers-Hypnosis.com](http://Rogers-Hypnosis.com)

Phone: 607.743.2798 Voice & Text

RogersHypnosis@stny.rr.com

Office: 4513 Vestal Road, Vestal, NY 13850

**Disclaimer:** The following shares information considered to be reliable. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether this information is appropriate for you & always confer with your health professionals



## 7 Day Digital Journal

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### Week 1

#### Day 1

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
- 

#### Day 2

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
-

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## “Minding The Mind”

### Day 3

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
- 

### Day 4

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
-

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## “Minding The Mind”

### Day 5

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
- 

### Day 6

- **Date:**
- **Weight:**
- **Goal for Today:**

#### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

#### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

#### Reflection:

- What went well today?
  - What could improve?
-

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## “Minding The Mind”

### Day 7

- **Date:**
- **Weight:**
- **Goal for Today:**

### Meal Tracking:

- **Breakfast:**
- **Snack:**
- **Lunch:**
- **Snack:**
- **Dinner:**

### Exercise:

- **Type of Exercise:**
- **Duration:**
- **Calories Burned (if tracked):**

### Reflection:

- What went well today?
- What could improve?

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### Weekly Check-In: End of Week 1

- **Starting Weight:**
- **Ending Weight:**
- **Progress:**
- **Reflection on the Week:**
  - **Wins:**
  - **Challenges:**
  - **Adjustments for Next Week:**

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### Notes