








Week of:

*I am growing healthier & stronger every day!*

	Breakfast	Snack	Lunch	Snack	Dinner	How I Felt After
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

 M Oz. _____	 TH Oz. _____	 SU Oz. _____
 T Oz. _____	 F Oz. _____	
 W Oz. _____	 SA Oz. _____	

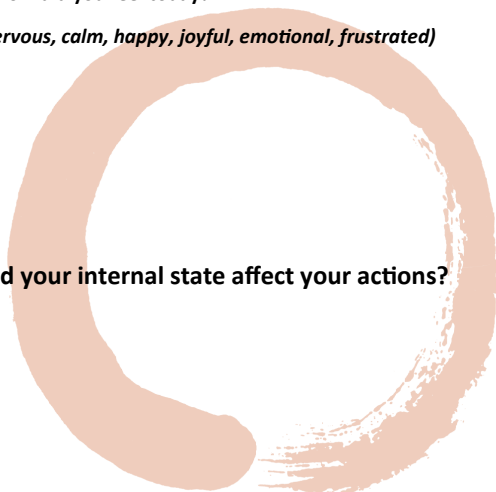
I welcome change as it is an opportunity to grow and learn.



Overall, how did you feel today?

(E.G.: nervous, calm, happy, joyful, emotional, frustrated)

How did your internal state affect your actions?



*Positive affirmations for health.*

*Attract healing energy into your life.*

- ♥ I LOVE MYSELF AND I AM PERFECTLY HEALTHY
- ♥ I AM FULL OF ENERGY AND VITALITY
- ♥ MY MIND IS CALM AND PEACEFUL
- ♥ EVERY DAY IS A NEW DAY FULL OF HOPE, HAPPINESS AND HEALTH
- ♥ I TREAT MY BODY AS TEMPLE. IT IS HOLY. IT IS CLEAN. IT IS FULL OF GOODNESS
- ♥ I NATURALLY EAT HEALTHY
- ♥ I FIND IT EASY TO THINK ONLY POSITIVE THOUGHTS
- ♥ I HAVE A HEALTHY BODY
- ♥ I DESERVE TO LIVE A HEALTHY LIFE

**\*\*Be sure to log ALL food and DRINKS.**

**Liquid drinks may also contain calories.**

 **Integrity**  
Health Coaching Centers

Yesterday I was clever. So I wanted to change the world. Today I am wise, so I am changing myself.—Rumi