



# NEW YOU Journal

Here is a simple way to record your progress for the first 12 weeks of your new journey. Print 84x copies of the Daily Diary, 12x Weekly Summary and 1x 12 Week Progress Chart.

## DAILY DIARY

calories in

breakfast

snack (optional)

lunch

snack (optional)

dinner

calories out

exercise

basal metabolic rate

total

**calories surplus/ deficit**

physically I felt

emotionally I felt



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## WEEKLY SUMMARY

### calories surplus/ deficit

monday

tuesday

wednesday

thursday

friday

saturday

sunday

--	--	--	--	--	--	--

total weekly calorie surplus/ deficit

--

last week's weight

this week's weight

difference

--	--	--

## WEEKLY SUMMARY

### calories surplus/ deficit

monday

tuesday

wednesday

thursday

friday

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## 12 WEEK PROGRESS CHART

	weight	calorie surplus/ deficit	chest	waist	hips	thighs	arms
wk 1							
wk 2							
wk 3							
wk 4							
wk 5							
wk 6							
wk 7							
wk 8							
wk 9							
wk 10							
wk 11							
wk 12							
	<b>blood pressure</b>			<b>cholesterol</b>			
start		wk 12		start		wk 12	