



## Self-Assessment Form

You can keep track of your daily progress using the table below. The aim is not to judge or be hard on yourself; it is just to keep you on track so you can chart your progress. This is especially helpful if you don't have many people who are supporting you or that you can share your progress with.

### DAY 1

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:

### DAY 2

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:

### DAY 3

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:

### DAY 4

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:



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### DAY 5

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:

### DAY 6

Got enough sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Comments:

### DAY 7

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 8

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:



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### DAY 9

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 10

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 11

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 12

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

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### DAY 13

Felt great!! \_\_\_\_\_

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 14

Resisted junk food! \_\_\_\_\_

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 15

Been lazy? \_\_\_\_\_

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Comments:

### DAY 16

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Spent time doing an 'emotional detox'? \_\_\_\_\_

Comments:

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### DAY 17

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Made time to see good friends? \_\_\_\_\_

Comments:

### DAY 18

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings?  
Taken time out to do something fun  
just for you? \_\_\_\_\_

Comments:

### DAY 19

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings?  
Made time to review your 'emotional  
detox'? \_\_\_\_\_

Comments:

### DAY 20

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings?  
Made a plan to keep your energy up  
after finishing the program? \_\_\_\_\_

Comments:



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### DAY 21

Having more restful sleep? \_\_\_\_\_

Made healthy food choices? \_\_\_\_\_

Cheated? \_\_\_\_\_

Felt motivated? \_\_\_\_\_

Did 20 minutes of exercise? \_\_\_\_\_

Did 15 minutes of relaxation? \_\_\_\_\_

Used affirmations? \_\_\_\_\_

Resisted temptation? \_\_\_\_\_

Felt more energized? \_\_\_\_\_

Had reduced cravings? \_\_\_\_\_

Congratulate yourself on sticking with the program. You are awesome!!!

Comments: