



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: