

EAT ANYTHING



	Did I stick to my daily calorie limit?	Did I weigh myself each day?	Did I plan my meals for today?	Did I try any new eating styles today?	Did I deny myself food today?	Did I treat myself today (without going over my calorie limit)?
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						