30 Day No Binging Journal

Part of me wants to binge	Part of me doesn't want to binge
Why do I want to binge?	Why don't I want to binge?
How will I feel after the binge?	How will I feel if I don't binge?

What caused me to want to binge?

What can I do now that will make me feel good?

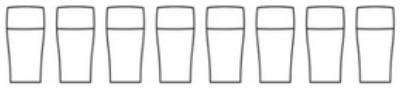
I can

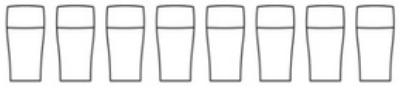
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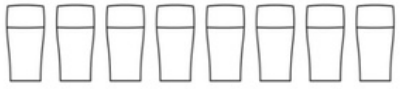
I will

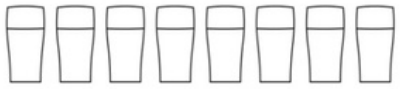
WATCH ME

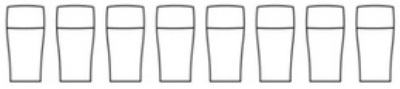
Water Challenge

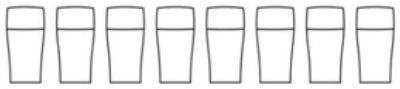
DAY 1 

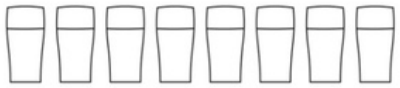
DAY 2 

DAY 3 

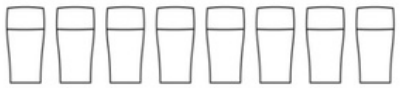
DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

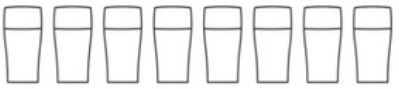
DAY 11 

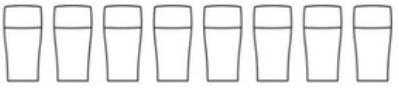
DAY 12 

DAY 13 

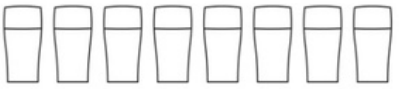
DAY 14 

DAY 15 

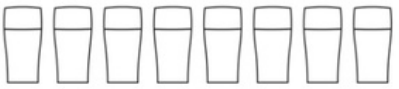
DAY 16 

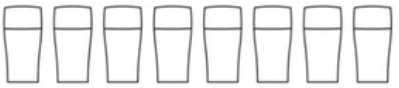
DAY 17 

DAY 18 

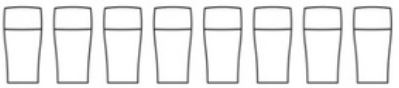
DAY 19 

DAY 20 

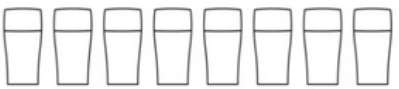
DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

WORKOUT Tracker

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



☐ Cardio

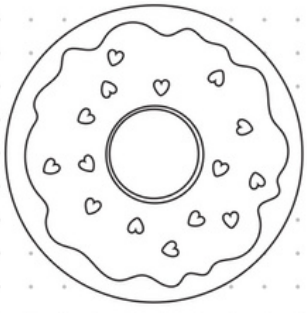
☐ Strength Training

☐ Yoga

☐ Rest Day

HABIT Tracker

No Sugar



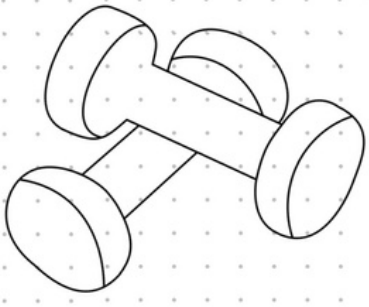
Hydrate



5 Fruit or Veg



Workout



SLEEP Tracker

	1	2	3	4	5	6	7	8	9	10	11	12
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
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29												
30												
31												

☐ 11+ Hours



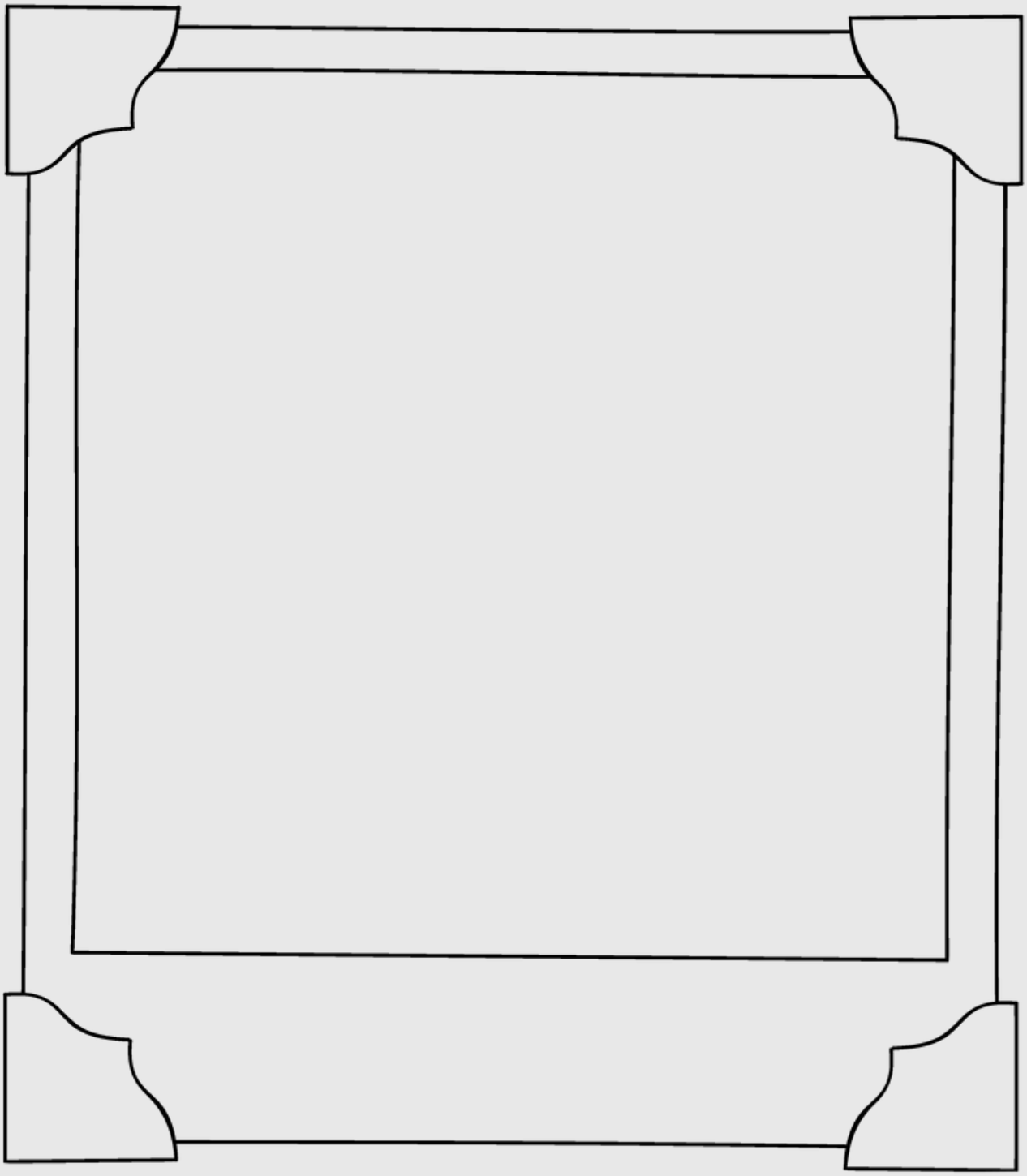
☐ 10-11 Hours

☐ 8-9 Hours

☐ 6-7 Hours

☐ 4-5 Hours

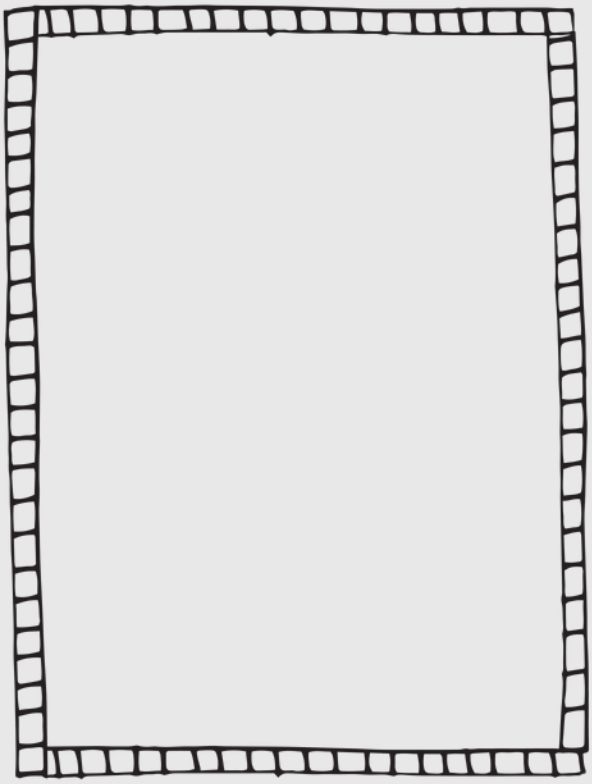
☐ Less than 4 Hours

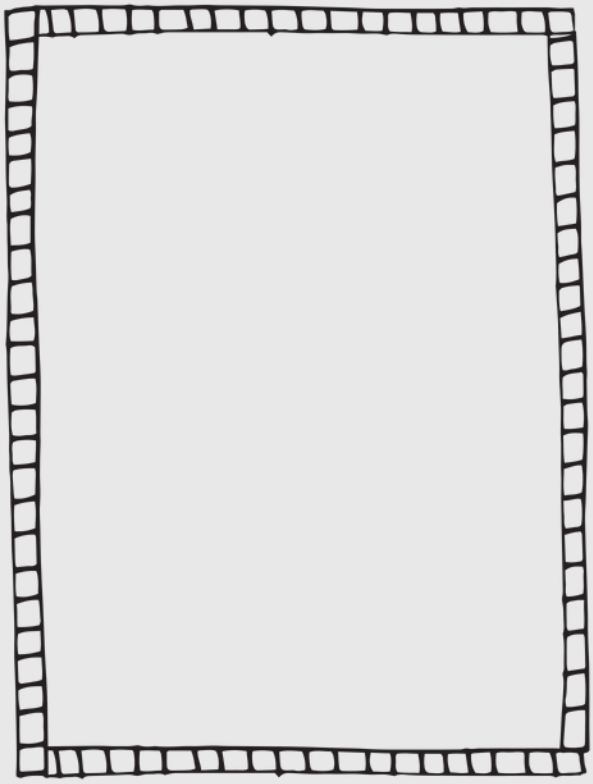


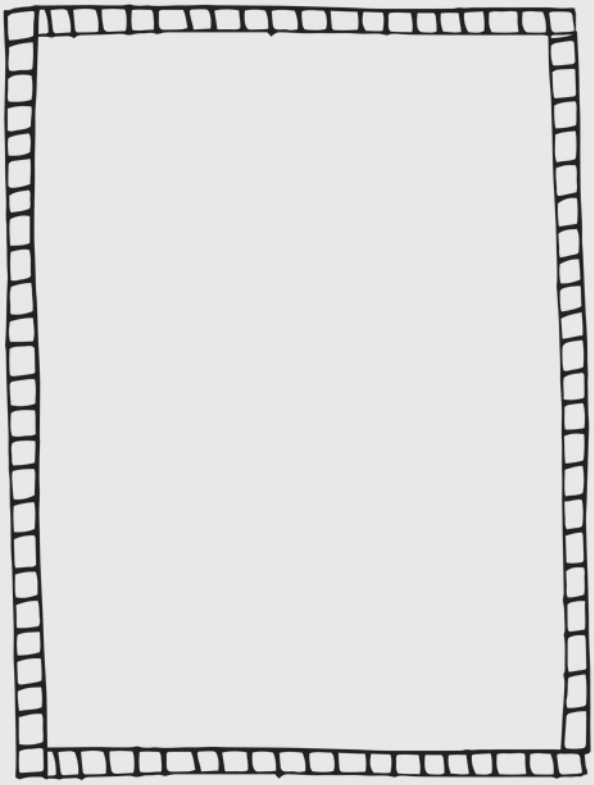
A picture that motivates me

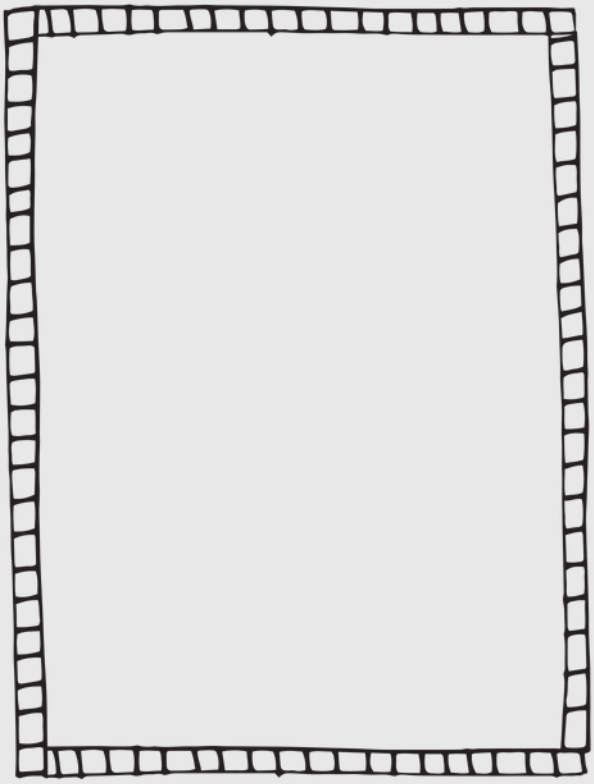
Do something
today
that your
future *self*
will **thank** you for

Reasons I want to lose welght









don't

ignore

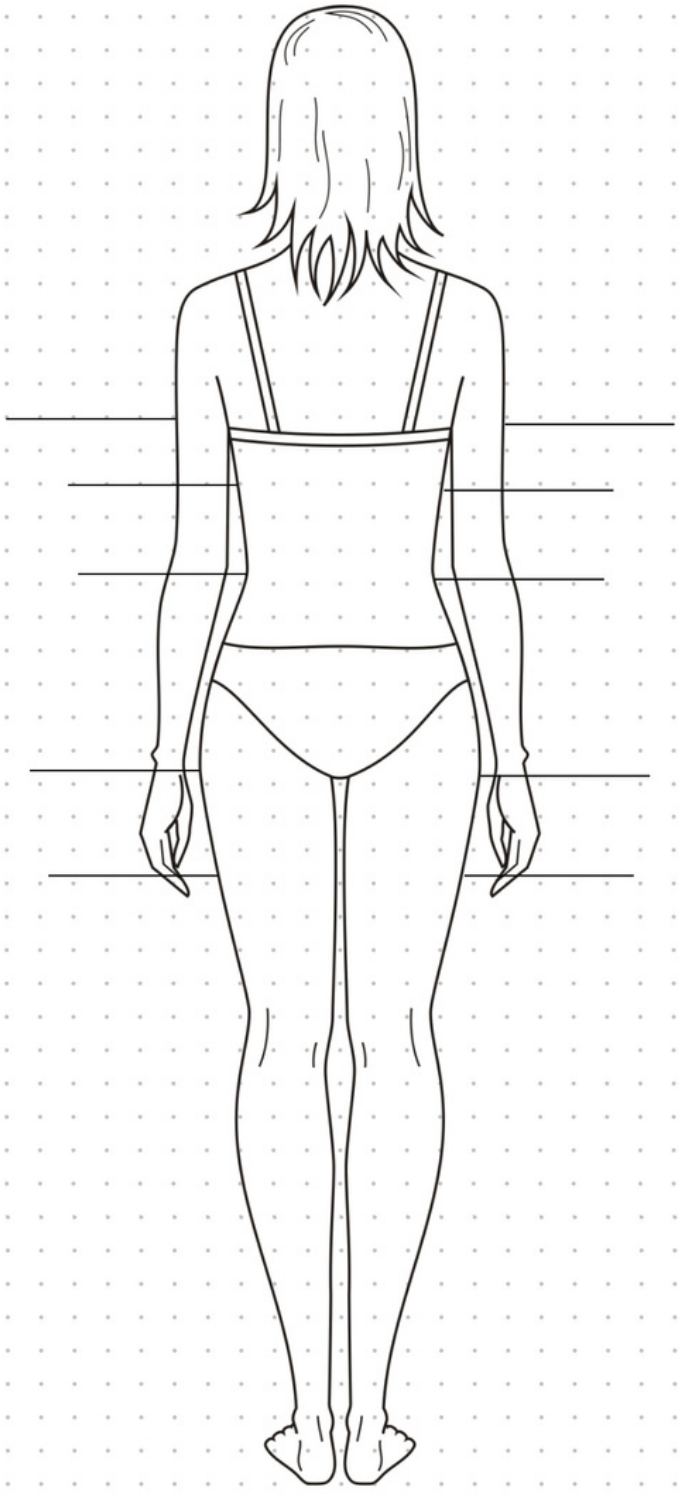
your own

POTENTIAL

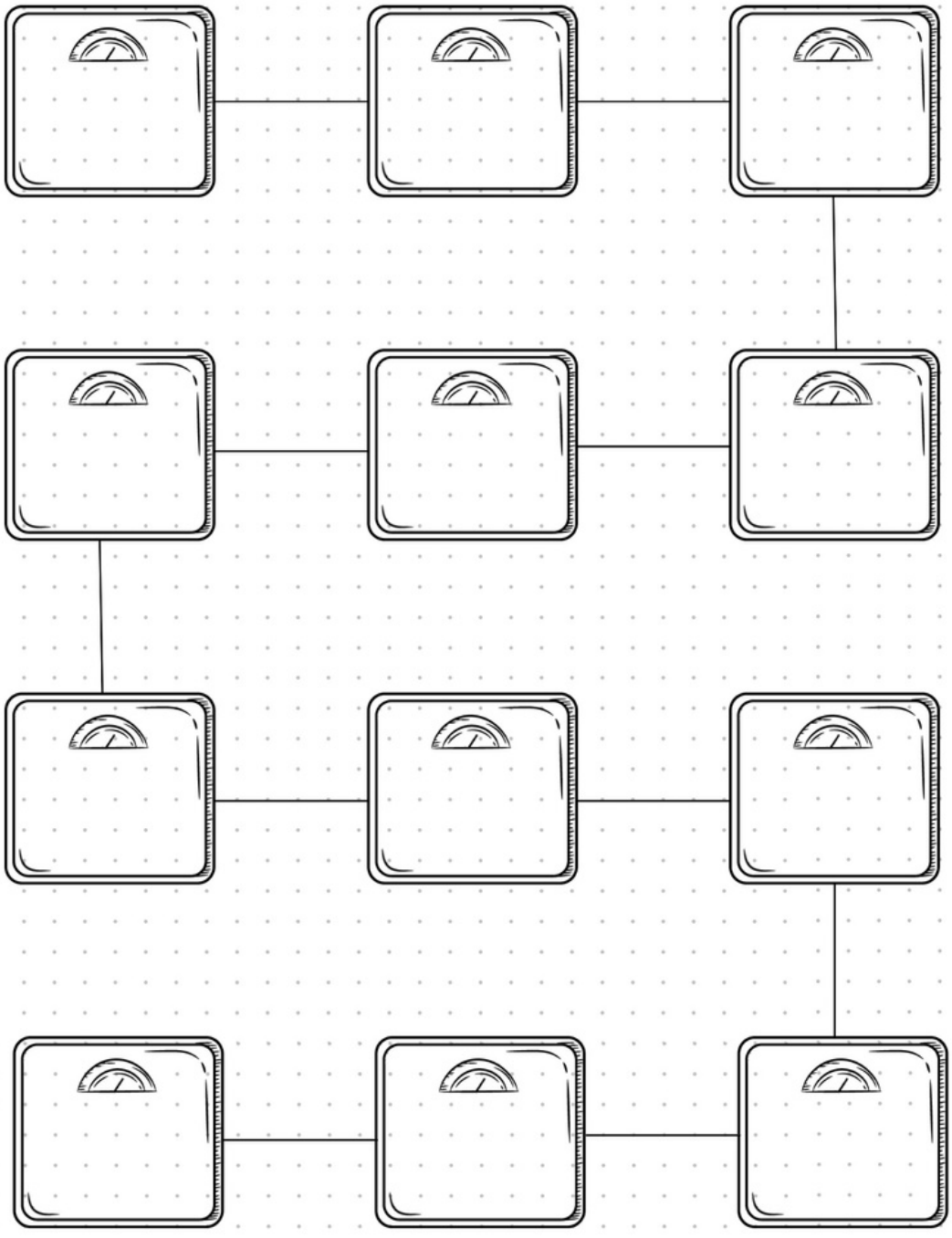
WEIGHT LOSS *Tracker*

BEFORE

AFTER



Weight Loss Tracker



WEIGHT LOSS **Tracker**

Pounds to Lose



Pounds Lost



A

Negative mind

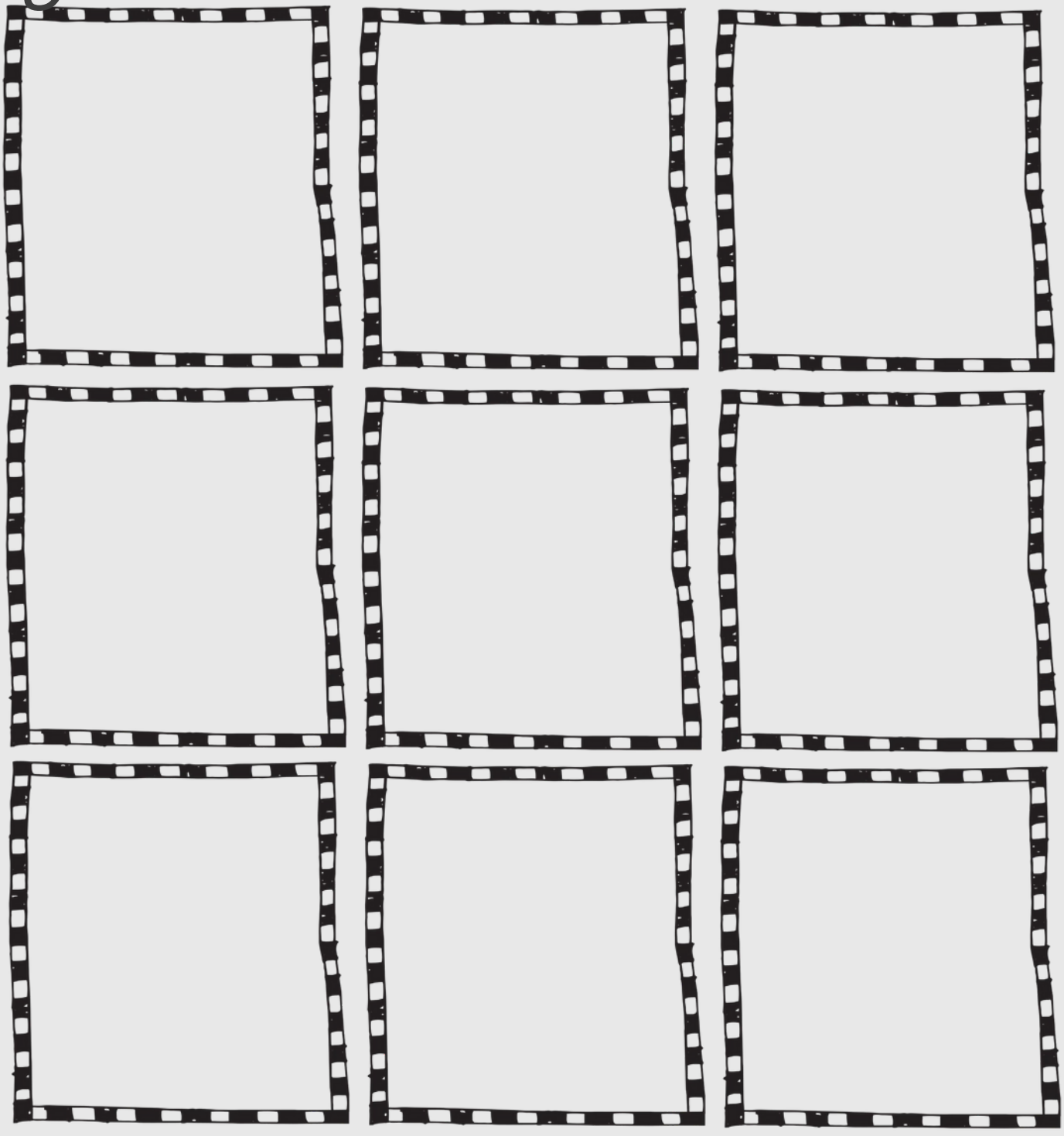
will NEVER

Give You a

Positive life

My Goals

Things I am going to do to get where I want to be

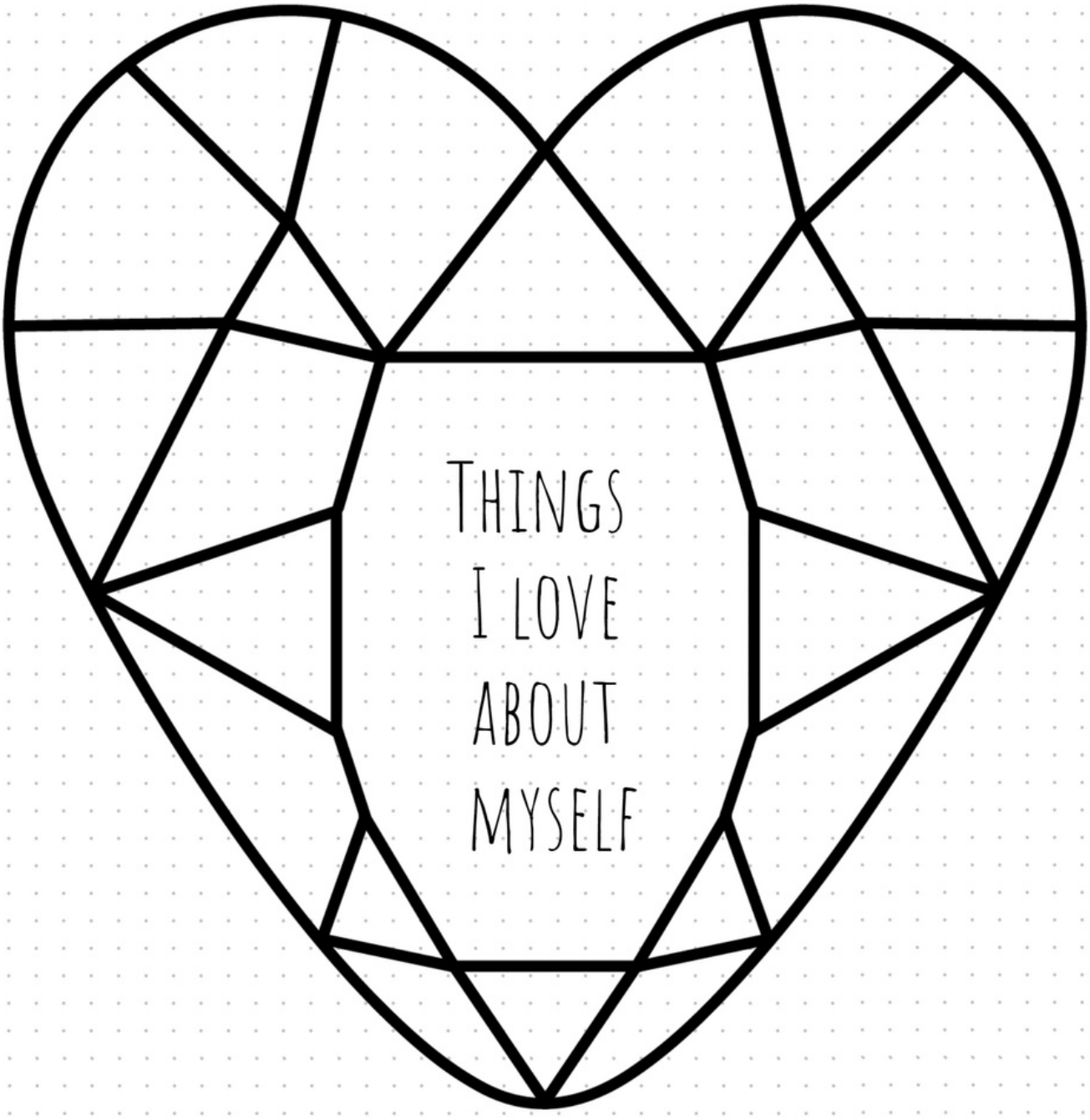


Don't STOP

UNTIL

you're

PROUD


Things
I love
about
myself


Stay
determined

Week 1

Your are

What you do

not

what you say

you will do

MENU PLAN

Monday

Tuesday

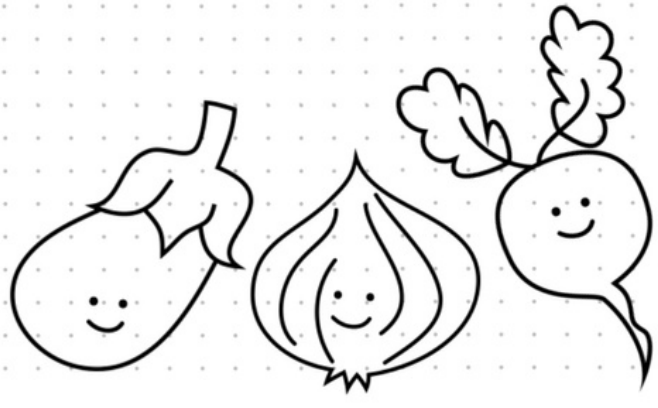
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

Date: _____



Great things

NEVER came

from

Comfort zones

Week 2

Discipline is choosing

between *what you want*

NOW

and *what you want*

MOST

Abraham Lincoln

MENU PLAN

Monday

Tuesday

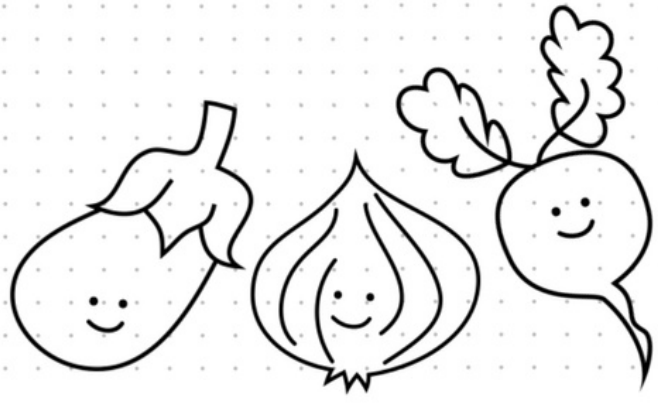
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

	I AM GRATEFUL FOR	SOMETHING I LIKE ABOUT MYSELF
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

Date: _____



Your

ONLY LIMIT

is *your*

MIND

Week 3


you only fail
when you
STOP trying

MENU PLAN

Monday

Tuesday

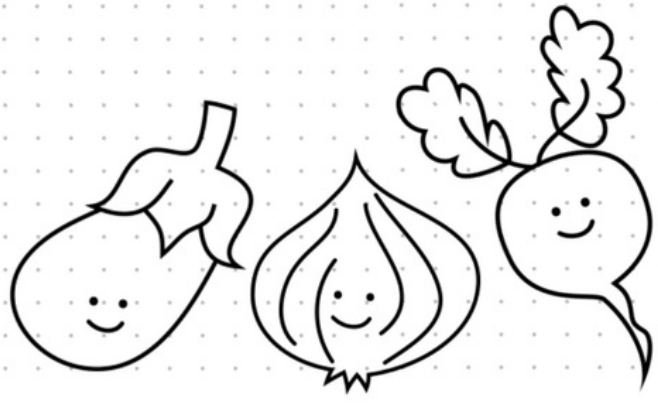
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

	I AM GRATEFUL FOR	SOMETHING I LIKE ABOUT MYSELF
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

Date: _____



Do what you **have to do**
until
you can do what you
want to do

Oprah Winfrey


Week 4

Be **stronger**
than your
excuses

MENU PLAN

Monday

Tuesday

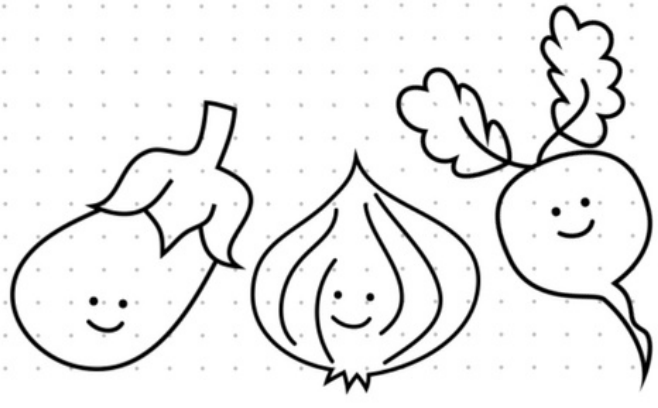
Wednesday

Thursday

Friday

Saturday

Sunday



Breakfast	Lunch	Supper	Snacks

	I AM GRATEFUL FOR	SOMETHING I LIKE ABOUT MYSELF
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

Date: _____




DON'T expect
to see a
CHANGE
if YOU DON'T
make one