



Simply Filling Foods
 Good Health Guidelines
 Cardio (in minutes)
 Strength (in minutes)
 Journal



Beyond the Scale!



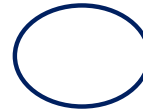
The more you praise and celebrate your life,
 the more there is in life to celebrate.

| Day | | GHG | | | | | | Weight | Loss | Gain |
|------------------|-------|-------|--|--|-------|--|--|--------|------|------|
| 1 st | Y N | Y N | | | Y N | | | - | + | |
| 2 nd | Y N | Y N | | | Y N | | | - | + | |
| 3 rd | Y N | Y N | | | Y N | | | - | + | |
| 4 th | Y N | Y N | | | Y N | | | - | + | |
| 5 th | Y N | Y N | | | Y N | | | - | + | |
| 6 th | Y N | Y N | | | Y N | | | - | + | |
| 7 th | Y N | Y N | | | Y N | | | - | + | |
| 8 th | Y N | Y N | | | Y N | | | - | + | |
| 9 th | Y N | Y N | | | Y N | | | - | + | |
| 10 th | Y N | Y N | | | Y N | | | - | + | |
| 11 th | Y N | Y N | | | Y N | | | - | + | |
| 12 th | Y N | Y N | | | Y N | | | - | + | |
| 13 th | Y N | Y N | | | Y N | | | - | + | |
| 14 th | Y N | Y N | | | Y N | | | - | + | |
| 15 th | Y N | Y N | | | Y N | | | - | + | |
| 16 th | Y N | Y N | | | Y N | | | - | + | |
| 17 th | Y N | Y N | | | Y N | | | - | + | |
| 18 th | Y N | Y N | | | Y N | | | - | + | |
| 19 th | Y N | Y N | | | Y N | | | - | + | |
| 20 th | Y N | Y N | | | Y N | | | - | + | |
| 21 st | Y N | Y N | | | Y N | | | - | + | |
| 22 nd | Y N | Y N | | | Y N | | | - | + | |
| 23 rd | Y N | Y N | | | Y N | | | - | + | |
| 24 th | Y N | Y N | | | Y N | | | - | + | |
| 25 th | Y N | Y N | | | Y N | | | - | + | |
| 26 th | Y N | Y N | | | Y N | | | - | + | |
| 27 th | Y N | Y N | | | Y N | | | - | + | |
| 28 th | Y N | Y N | | | Y N | | | - | + | |
| 29 th | Y N | Y N | | | Y N | | | - | + | |
| 30 th | Y N | Y N | | | Y N | | | - | + | |
| 31 st | Y N | Y N | | | Y N | | | - | + | |

Month

Goal Weight _____ lbs. Maint. Weight _____ lbs.

Daily SPs



2017



Weekly SPs

| January 17 | | | | | | | February 17 | | | | | | | March 17 | | | | | | | | |
|------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|---|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | 1 | 2 | 3 | 4 | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | | | |
| April 17 | | | | | | | May 17 | | | | | | | June 17 | | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| | | | | | | 1 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | 1 | 2 | 3 | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | |
| July 17 | | | | | | | August 17 | | | | | | | September 17 | | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| | | | | | | 1 | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | 1 | 2 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| 30 | 31 | | | | | | | | | | | | | | | | | | | | | |
| October 17 | | | | | | | November 17 | | | | | | | December 17 | | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | | | | 1 | 2 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| | | | | | | | | | | | | | | | | | | | | | | |

Name: _____