

# AIM to CHANGE



## DAY ONE

Date: \_\_\_\_\_

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
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**WHAT DID I DO TO BE ACTIVE TODAY?** (Include time)

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**WHAT DID I DO FOR MYSELF TODAY?** ("Me time")

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**FOOD FOR THOUGHT** (Notes, goals, insights, challenges, reminders, questions)

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# AIM to CHANGE



## DAY TWO

Date: \_\_\_\_\_

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
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**WHAT DID I DO TO BE ACTIVE TODAY?** (Include time)

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**WHAT DID I DO FOR MYSELF TODAY?** ("Me time")

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**FOOD FOR THOUGHT** (Notes, goals, insights, challenges, reminders, questions)

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# AIM to CHANGE



## DAY THREE

Date: \_\_\_\_\_

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
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**WHAT DID I DO TO BE ACTIVE TODAY?** (Include time)

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**WHAT DID I DO FOR MYSELF TODAY?** ("Me time")

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**FOOD FOR THOUGHT** (Notes, goals, insights, challenges, reminders, questions)

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# AIM to CHANGE



## DAY FOUR

Date: \_\_\_\_\_

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
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**WHAT DID I DO TO BE ACTIVE TODAY?** (Include time)

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**WHAT DID I DO FOR MYSELF TODAY?** ("Me time")

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**FOOD FOR THOUGHT** (Notes, goals, insights, challenges, reminders, questions)

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# AIM to CHANGE



## DAY FIVE

Date: \_\_\_\_\_

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
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**WHAT DID I DO TO BE ACTIVE TODAY?** (Include time)

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**WHAT DID I DO FOR MYSELF TODAY?** ("Me time")

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**FOOD FOR THOUGHT** (Notes, goals, insights, challenges, reminders, questions)

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