

Your Personal Journal

Staying on Target



Sunday

Breakfast

Lunch

Dinner

Snacks

Exercise

Monday

Breakfast

Lunch

Dinner

Snacks

Exercise

Tuesday

Breakfast

Lunch

Dinner

Snacks

Exercise

Wednesday

Breakfast

Lunch

Dinner

Snacks

Exercise

Thursday

Breakfast

Lunch

Dinner

Snacks

Exercise

Friday

Breakfast

Lunch

Dinner

Snacks

Exercise

Saturday

Breakfast

Lunch

Dinner

Snacks

Exercise

Thinsations Inspirations

“It’s not what you look at that matters,
it’s what you see.”

Henry David Thoreau

www.thinsations.ca

