

10 DAILY HABITS WEEKLY WORKSHEET

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Habit #1: Get enough sleep	Hours	Hours	Hours	Hours	Hours	Hours	Hours
Habit #2: Start the day well with a breakfast of protein and whole grains							
Habit #3: Exercise for 30 minutes every day	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
Habit #4: Learn and practice portion Control							
Habit #5: Know what's in the food you eat							
Habit #6: Avoid added sugars & sweetened drinks							
Habit #7: Find substitutes for refined white flour							
Habit #8: Snack often							
Habit #9: Enjoy at least one non-caloric pleasure every day							
Habit #10: Control your food cravings							
WEEKLY TOTALS:							

Notes:

For more information read *Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off & Love Your Body*