

A woman with dark skin is shown from the waist up, wearing a grey athletic top with white vertical stripes on the side. She is holding a white measuring tape around her waist. The background is a blurred outdoor setting with greenery and a blue sky.

The

# MOTIVATIONAL WEIGHT LOSS JOURNAL

FOR WOMEN

a journal from:

Monyetta Everett APRN, FNP



[www.vitalcurewellness.com](http://www.vitalcurewellness.com)

# INTRODUCTION

This monthly weight loss journal is designed to keep you motivated and help you reach your weight loss goals. It provides space for you to record your daily calorie intake and activity levels, set weekly goals, and track your progress. The journal also includes helpful tips and inspiring quotes to help keep you motivated throughout the month.

With this journal, you will have a powerful tool to help ensure that you stay on track with your weight loss goals. You can also use it to measure your successes and failures, so you can modify your diet, exercise routine, and lifestyle accordingly. This journal is the perfect way to find success in your weight loss journey!

Make sure to make the most of this journal by writing down your observations, thoughts, and feelings on a daily basis.

A collage of healthy food items including salmon, avocado, an apple, olive oil, and nuts, with a central text box.

## HERE'S WHAT'S INCLUDED:

- Understand why it hasn't worked for you yet
- Tips to stay motivated this time
- How to avoid self-sabotage this time
- 30 Powerful Weight Loss Affirmations
- Daily Food Log
- Daily Fitness Log
- Daily Water Intake Log
- Daily Sleep Log
- Daily Weight Tracker
- Daily Steps Log
- Daily Feelings and Emotions Tracker
- Daily Journal Prompts
- Weekly Measurement Tracker
- Weekly Goal Setting
- Weekly Meal Planning Section
- Weekly Grocery List

# UNDERSTAND WHY IT HASN'T WORKED FOR YOU YET

Start by understanding why long-term weight loss hasn't worked for you in the past. What were the obstacles that kept you from reaching your goals? Understanding what these obstacles are and identifying how to overcome them will help keep you motivated this time around.

Here are 8 questions to help you understand why it hasn't worked for you yet:

1. What are the circumstances that trigger my unhealthy eating habits?

2. How does my emotional state affect my food choices?

3. Am I getting enough sleep and rest?

4. When do I feel overwhelmed or unmotivated to stay on track with my health goals?

5. What lifestyle changes do I need to make in order to reach my goals?



6. How can I reward myself for staying on track?

7. Who can I rely on to provide encouragement and support when needed?

8. What strategies will help me stay motivated this time?



## UNDERSTAND WHY IT HASN'T WORKED FOR YOU YET

Once you have identified these obstacles and triggers, use the space provided in this journal to set weekly goals and measure your progress.

Make sure to go through our 15 tips to stay motivated and also read the chapter about self-sabotage and how to avoid it this time.

Use the daily trackers, journal prompts and log prompts to stay motivated day by day. Finally, read through the 30 powerful weight loss affirmations to help you stay focused and inspired.





## THESE 15 TIPS WILL HELP KEEP YOU MOTIVATED ON YOUR WEIGHT LOSS JOURNEY

- Set realistic, achievable goals
- Track your progress and celebrate successes
- Find an accountability partner or support group
- Break big goals into smaller, more manageable chunks
- Focus on how you feel rather than the numbers on the scale
- Reward yourself for meeting milestones
- Find a workout buddy
- Don't be too hard on yourself if you slip up
- Focus on the positive changes in your body and mind
- Take time for yourself to relax and recharge
- Stay hydrated throughout the day
- Plan ahead with healthy meals and snacks
- Don't compare yourself to others
- Find activities that you enjoy doing
- Celebrate your progress and never give up!

# AVOID SELF-SABOTAGE THIS TIME

Here are common ways in which we self-sabotage our weight loss journey and what to do instead. Make sure to read them carefully so that you can be aware of these pitfalls.

## 1. NOT KNOWING YOUR TRIGGERS

Here is how it's holding you back: If you don't know what your triggers are, it's easy to fall back into old habits.

Solution: Keep a food journal so you can identify patterns in your eating and figure out what triggers unhealthy eating behavior.

## 2. Not tracking your food intake or progress

Here is how it's holding you back: Not tracking your food intake and progress can make it difficult to stay on track with your weight loss goals.

Solution: Use this journal or app to record what you eat, as well as log your progress. This will help keep you accountable and motivated.

## 3. FOCUSING TOO MUCH ON THE SCALE

Here is how it's holding you back: Overemphasizing weight loss on the scale can lead to feelings of discouragement and failure.

Solution: Focus on your overall health and well-being, not just a number on the scale. Measure your progress using other metrics such as body fat percentage, waist circumference, and body measurements.

## 4. NOT TAKING TIME FOR YOURSELF

Here is how it's holding you back: Skipping out on self-care can lead to burnout and decreased motivation levels.

Solution: Take time to do the things that make you feel good—whether it's reading a book, taking a relaxing bath, going for a walk, or spending time with friends.

## 5. NOT GETTING ENOUGH SLEEP

Here is how it's holding you back: Lack of sleep can lead to cravings for unhealthy foods and decreased motivation levels.

Solution: Make sure to get 7-9 hours of quality sleep every night to help keep your energy levels up and stay on track with your goals.

## 6. NOT PLANNING AHEAD

Here is how it's holding you back: Without a plan for meals and snacks, it's easy to make unhealthy choices when hunger strikes.

Solution: Plan out your meals and snacks for the week so you always have healthy options on hand.

## 7. NOT BEING AWARE OF PORTION SIZES

Here is how it's holding you back: Underestimating portion sizes may lead to overeating and difficulty losing weight.

Solution: Take the time to measure out your food portions, or use a smaller plate to help control your portion sizes.



## 8. SKIPPING MEALS

Here is how it's holding you back: Going too long without food can lead to unhealthy cravings, overeating at the next meal, and difficulty losing weight.

Solution: Eat regularly throughout the day to keep hunger levels in check and energy levels up.

## 9. SURROUNDING YOURSELF WITH TEMPTATION

Here is how it's holding you back: Keeping unhealthy food in your home or workplace can lead to cravings and difficulty sticking to your weight loss goals.

Solution: Remove all tempting items from your environment, or find healthier alternatives that still satisfy cravings.

## 10. BEING TOO HARD ON YOURSELF

Here is how it's holding you back: If you're too hard on yourself for making a mistake, it can lead to feelings of shame and guilt which can derail your progress.

Solution: Accept mistakes as part of the process and remember that one slip-up won't ruin your progress. Be gentle and forgiving with yourself.





# 30 POWERFUL WEIGHTLOSS AFFIRMATIONS

1. I am in charge of my body and I make healthy choices.
2. I am enough, just as I am.
3. I can do this!
4. My body is a temple and deserves to be treated with respect and kindness.
5. I make positive changes for myself every day.
6. I trust my body's natural wisdom and ability to heal.
7. I practice mindful eating and make healthy choices.
8. I am strong and capable of achieving my goals.
9. I honor my body with nutritious, nourishing food.
10. My thoughts create my reality and I choose to think positively about food and fitness.
11. Healthy eating is a way of life for me.
12. I am grateful for my body and the energy it gives me each day.
13. I nourish my body with food that fuels me and makes me feel energized and vibrant.
14. I make healthy lifestyle choices today to create a healthier tomorrow.
15. My self-worth is not determined by the number on the scale.



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16. I am capable of making good choices for my body and my health.
17. I make smart decisions when it comes to food and exercise.
18. I choose to nourish my body with nutritious, wholesome foods.
19. My mind and body are connected and I listen to what they need.
20. I am confident in my ability to reach my goals and maintain a healthy weight.
21. I celebrate the progress I make toward my goals each day.
22. I have a healthy relationship with food, free of guilt and shame.
23. My thoughts create my reality, so I choose to think positively about food and fitness.
24. I am in control of my health and I make wise choices to nourish and energize my body.
25. I accept the changes that come with taking care of myself, both physically and emotionally.
26. I practice self-care through healthy eating and regular exercise.
27. I become more confident and empowered with every healthy choice I make.
28. I am surrounded by love, support, and encouragement on my weight loss journey.
29. My body is a reflection of the care I take of it and the love I give it.
30. I am proud of the progress that I have made and will continue to make toward my weight loss goals.



**WEEK ONE**

**WEIGHTLOSS  
ROUTINE & JOURNAL**

# DAILY WEIGHTLOSS ROUTINE & JOURNAL

MONTH /

Date	Hours of Sleep												Energy				
Day	1	2	3	4	5	6	7	8	9	10	11	12	★	★	★	★	★
													☆	☆	☆	☆	☆

## ACTIVITY

## MOOD TRACKER



## WORKOUTS

exercise	time	reps
Calories Burned		

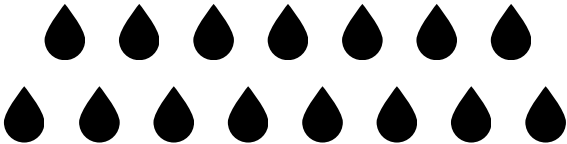
## MEALS

	calories:
breakfast	
lunch	
dinner	
snacks	

## STEPS



## WATER INTAKE



## START

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

## GOAL

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

## NOTES



## MORNING JOURNAL PROMPTS

How will I show up today to ensure I reach my goals?

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What, how, and when will I eat today? How will I stay mindful of my portion sizes and eating habits today?

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What activities or exercises can I do to move more and increase my energy levels?

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How can I practice self-care today to support my weight loss journey?

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What weight loss affirmation do I pick for today to stay motivated?

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## EVENING JOURNAL PROMPTS

What healthy changes did I make today that will lead me closer to reaching my goals?

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What was my inner dialogue around food and weight loss today?

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What challenges have come up today that I can learn and grow from?

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What are some of the things I am proud of accomplishing today?

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What successes have I had today that move me closer to my goals?

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ACTIVITY

MOOD TRACKER








WORKOUTS

exercise	time	reps
Calories Burned		








MEALS









	calories:
breakfast	
lunch	
dinner	
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STEPS



WATER INTAKE

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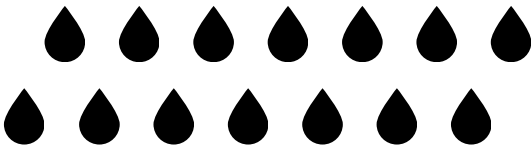
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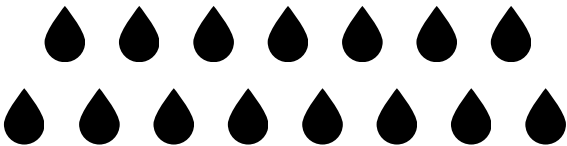
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MOOD TRACKER








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Calories Burned		








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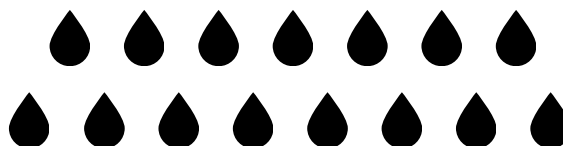
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**WEEK  
ONE**

**WEEKLY GOALS  
& REFLECTION**

# WEEKLY GOALS SETTING & REFLECTION

1. What does my relationship with food look like at the moment? What changes am I noticing?

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2. What goals did I set for myself this week? How close am I to achieving them?

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# WEEKLY GOALS SETTING & REFLECTION

3. What action steps can I take in the coming week to move closer toward my goals?

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4. What obstacles or roadblocks have come up that are preventing me from reaching my goals?

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# WEEKLY GOALS SETTING & REFLECTION

5. How did I practice self-care this week? What activities made me feel energized and empowered?

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6. How can I use the lessons I learned this week to help me in my weight loss journey?

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# WEEKLY GOALS SETTING & REFLECTION

7. What affirmations have been helpful to me this week as I strive towards my goals?

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8. What are some of the small wins I have had this week that have moved me closer to my goals?

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# WEEKLY GOALS SETTING & REFLECTION

9. What would I like to focus on in the coming week as I continue on my weight loss journey?

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10. How can I adjust my mindset and attitude to stay motivated and positive?

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# WEIGHT GOAL

BEFORE		AFTER	
CHEST	<input type="text"/>	CHEST	<input type="text"/>
WAIST	<input type="text"/>	WAIST	<input type="text"/>
HIPS	<input type="text"/>	HIPS	<input type="text"/>
ARMS	<input type="text"/>	ARMS	<input type="text"/>
THIGHS	<input type="text"/>	THIGHS	<input type="text"/>
WEIGHT	<input type="text"/>	WEIGHT	<input type="text"/>
BMI	<input type="text"/>	BMI	<input type="text"/>
BODY FAT	<input type="text"/>	BODY FAT	<input type="text"/>
MUSCLE	<input type="text"/>	MUSCLE	<input type="text"/>

## REMINDER

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# MEASUREMENT GOAL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
					NECK
					CHEST
					LEFT ARM
					RIGHT ARM
					WAIST
					HIPS
					LEFT THIGH
					RIGHT THIGH
					LEFT CALF
					RIGHT CALF
					WEIGHT



# WEEK TWO

**WEIGHTLOSS  
ROUTINE & JOURNAL**

# DAILY WEIGHTLOSS ROUTINE & JOURNAL

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													☆	☆	☆	☆	☆

## ACTIVITY

## MOOD TRACKER



## WORKOUTS

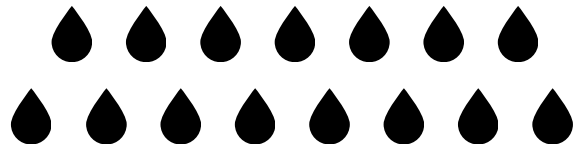
## MEALS

exercise	time	reps
Calories Burned		

	calories:
breakfast	
lunch	
dinner	
snacks	

## STEPS

## WATER INTAKE



## START

## GOAL

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body fat percentage: \_\_\_\_\_

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## NOTES

## MORNING JOURNAL PROMPTS

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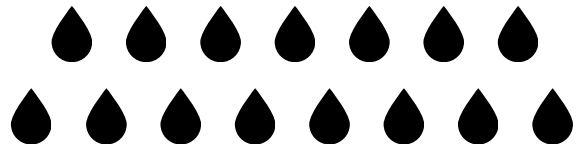
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# DAILY WEIGHTLOSS ROUTINE & JOURNAL

MONTH /

Date	Hours of Sleep												Energy				
Day	1	2	3	4	5	6	7	8	9	10	11	12	★	★	★	★	★
													☆	☆	☆	☆	☆

ACTIVITY

MOOD TRACKER








WORKOUTS

exercise	time	reps
Calories Burned		
















MEALS

	calories:
breakfast	
lunch	
dinner	
snacks	

STEPS



WATER INTAKE

START

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

GOAL

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

NOTES

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ACTIVITY

MOOD TRACKER



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exercise	time	reps
Calories Burned		

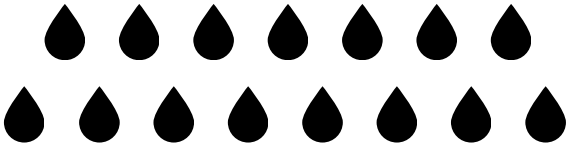
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STEPS



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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

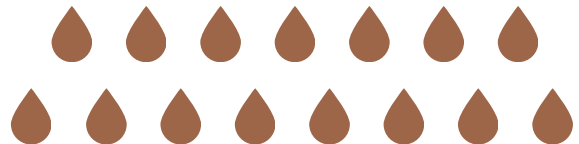
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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

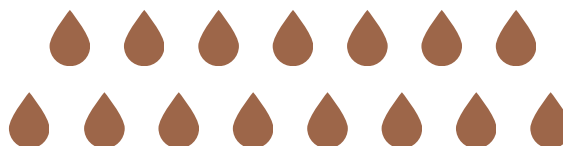
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Calories Burned		

	calories:
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snacks	

## STEPS

## WATER INTAKE



## START

## GOAL

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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

## MEALS

exercise	time	reps
Calories Burned		

	calories:
breakfast	
lunch	
dinner	
snacks	

## STEPS

## WATER INTAKE



## START

## GOAL

weight: \_\_\_\_\_

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

## NOTES

## MORNING JOURNAL PROMPTS

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What successes have I had today that move me closer to my goals?

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# WEEK TWO

## WEEKLY GOALS & REFLECTION



1. What does my relationship with food look like at the moment? What changes am I noticing?

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2. What goals did I set for myself this week? How close am I to achieving them?

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# WEEKLY GOALS SETTING & REFLECTION

3. What action steps can I take in the coming week to move closer toward my goals?

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4. What obstacles or roadblocks have come up that are preventing me from reaching my goals?

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5. How did I practice self-care this week? What activities made me feel energized and empowered?

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6. How can I use the lessons I learned this week to help me in my weight loss journey?

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# WEEKLY GOALS SETTING & REFLECTION

7. What affirmations have been helpful to me this week as I strive towards my goals?

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8. What are some of the small wins I have had this week that have moved me closer to my goals?

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# WEEKLY GOALS SETTING & REFLECTION

9. What would I like to focus on in the coming week as I continue on my weight loss journey?

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10. How can I adjust my mindset and attitude to stay motivated and positive?

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# WEIGHT GOAL

BEFORE		AFTER	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
ARM		ARM	
THIGHS		THIGHS	
WEIGHT		WEIGHT	
BMI		BMI	
BODY		BODY	
FAT		FAT	
MUSCLE		MUSCLE	

REMINDER

# MEASUREMENT GOAL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

NECK

CHEST

LEFT ARM

RIGHT  
ARM

WAIST

HIPS

LEFT  
THIGH

RIGHT  
THIGH

LEFT  
CALF

RIGHT  
CALF

WEIGHT



# WEEK THREE

## WEIGHTLOSS ROUTINE & JOURNAL



# DAILY WEIGHTLOSS ROUTINE & JOURNAL

MONTH /

Date	Hours of Sleep												Energy				
Day	1	2	3	4	5	6	7	8	9	10	11	12	★	★	★	★	★
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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

## MEALS

exercise	time	reps
Calories Burned		

	calories:
breakfast	
lunch	
dinner	
snacks	

## STEPS

## WATER INTAKE



## START

## GOAL

weight: \_\_\_\_\_

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## NOTES

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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

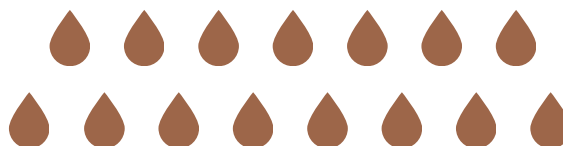
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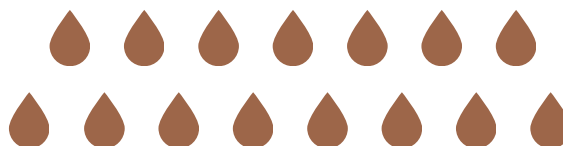
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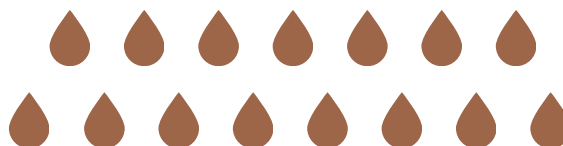
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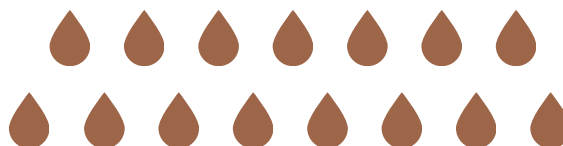
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**WEEK THREE**

**WEEKLY GOALS  
& REFLECTION**



# WEEKLY GOALS SETTING & REFLECTION

1. What does my relationship with food look like at the moment? What changes am I noticing?

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2. What goals did I set for myself this week? How close am I to achieving them?

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# WEEKLY GOALS SETTING & REFLECTION

3. What action steps can I take in the coming week to move closer toward my goals?

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4. What obstacles or roadblocks have come up that are preventing me from reaching my goals?

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5. How did I practice self-care this week? What activities made me feel energized and empowered?

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6. How can I use the lessons I learned this week to help me in my weight loss journey?

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# WEEKLY GOALS SETTING & REFLECTION

7. What affirmations have been helpful to me this week as I strive towards my goals?

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# WEEKLY GOALS SETTING & REFLECTION

9. What would I like to focus on in the coming week as I continue on my weight loss journey?

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10. How can I adjust my mindset and attitude to stay motivated and positive?

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# WEIGHT GOAL

BEFORE		AFTER	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
ARM		ARM	
THIGHS		THIGHS	
WEIGHT		WEIGHT	
BMI		BMI	
BODY		BODY	
FAT		FAT	
MUSCLE		MUSCLE	

REMINDER

# MEASUREMENT GOAL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

NECK

CHEST

LEFT ARM

RIGHT  
ARM

WAIST

HIPS

LEFT  
THIGH

RIGHT  
THIGH

LEFT  
CALF

RIGHT  
CALF

WEIGHT



**WEEK THREE**

**WEIGHTLOSS  
ROUTINE &  
JOURNAL**

# DAILY WEIGHTLOSS ROUTINE & JOURNAL

MONTH /

Date	Hours of Sleep												Energy				
Day	1	2	3	4	5	6	7	8	9	10	11	12	★	★	★	★	★
													☆	☆	☆	☆	☆

## ACTIVITY

## MOOD TRACKER



## WORKOUTS

## MEALS

exercise	time	reps
Calories Burned		

	calories:
breakfast	
lunch	
dinner	
snacks	

## STEPS



## WATER INTAKE



## START

## GOAL

weight: \_\_\_\_\_

weight: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

body fat percentage: \_\_\_\_\_

## NOTES

## MORNING JOURNAL PROMPTS

How will I show up today to ensure I reach my goals?

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What, how, and when will I eat today? How will I stay mindful of my portion sizes and eating habits today?

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What activities or exercises can I do to move more and increase my energy levels?

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How can I practice self-care today to support my weight loss journey?

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What challenges have come up today that I can learn and grow from?

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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

## MEALS

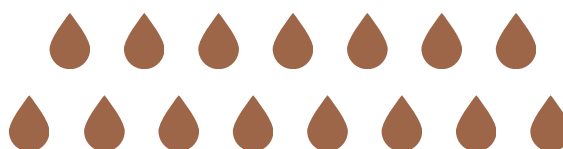
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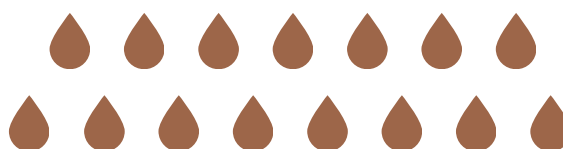
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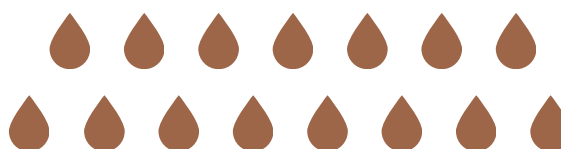
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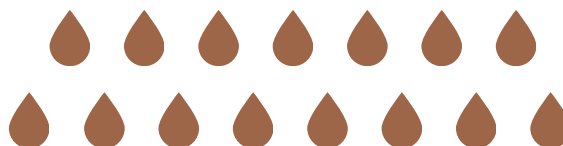
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## ACTIVITY

## MOOD TRACKER



## WORKOUTS

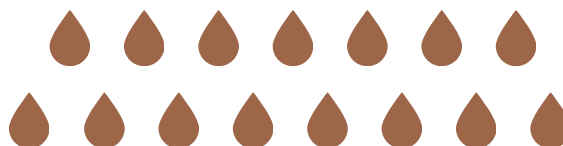
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**WEEK THREE**

**WEEKLY GOALS  
& REFLECTION**

# WEEKLY GOALS SETTING & REFLECTION

1. What does my relationship with food look like at the moment? What changes am I noticing?

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2. What goals did I set for myself this week? How close am I to achieving them?

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3. What action steps can I take in the coming week to move closer toward my goals?

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4. What obstacles or roadblocks have come up that are preventing me from reaching my goals?

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5. How did I practice self-care this week? What activities made me feel energized and empowered?

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6. How can I use the lessons I learned this week to help me in my weight loss journey?

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7. What affirmations have been helpful to me this week as I strive towards my goals?

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8. What are some of the small wins I have had this week that have moved me closer to my goals?

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# WEEKLY GOALS SETTING & REFLECTION

9. What would I like to focus on in the coming week as I continue on my weight loss journey?

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# WEIGHT GOAL

BEFORE		AFTER	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
ARM		ARM	
THIGHS		THIGHS	
WEIGHT		WEIGHT	
BMI		BMI	
BODY		BODY	
FAT		FAT	
MUSCLE		MUSCLE	

REMINDER

# MEASUREMENT GOAL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

- NECK
- CHEST
- LEFT ARM
- RIGHT ARM
- WAIST
- HIPS
- LEFT THIGH
- RIGHT THIGH
- LEFT CALF
- RIGHT CALF
- WEIGHT





# **HEALTHY RECIPE ARCHIVE**

# WEEKLY MEAL PLANNER

WEEK / \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SATURDAY

# GROCERY LIST

WEEK / \_\_\_\_\_

<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>MEAT &amp; POULTRY</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>FRUIT &amp; VEGETABLES</div> <div><div></div><div></div><div></div><div></div><div></div></div>
<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>CANNED GOODS</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>FISH</div> <div><div></div><div></div><div></div><div></div><div></div></div>
<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>SNACKS</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>FROZEN FOODS</div> <div><div></div><div></div><div></div><div></div><div></div></div>
<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>DAIRY &amp; DELI</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>✓</div> <div><div></div><div></div><div></div><div></div><div></div></div>	<div>OTHER</div> <div><div></div><div></div><div></div><div></div><div></div></div>

# RECIPE CARD PLANNER

Name Of Recipe

Serves

NOTES

- ☐ Vegetarian
- ☐ Low Carb
- ☐ Gluten Free
- ☐ Vegan
- ☐ Dairy Free

Time to prepare

Cooking Temp

RATING:

Ingredients

DIRECTIONS

METHOD

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