

FIT FAST SELF-DISCOVERY DAILY CHECKLIST

Key Components to Success Checklist

Did I drink between 8-12 8 oz. glasses of water today?

Did I exercise effectively today?

Did I evaluate my food choices carefully and eat smartly?

Did I measure and/or weigh my food and keep a food diary?

Did I weigh myself today?

Did I engage in any motivation building mental processes today?

Did I engage in any self-care/pampering or “me time” today?

Emotions Checklist

Did I maintain a positive attitude today?

Did I manage life’s stress well today?

Did I let myself feel my emotions productively today?

Relationships with People, Food & Environment

Did I honestly and helpfully communicate my feelings with family members today?

Did I honestly and helpfully communicate my feelings with coworkers, friends, and associates today?

Did I buy and prepare delicious, nutritious food and/or keep it on hand today?

Did I remove inappropriate food and/or drinks from my environment today?

Did I make progress toward my weight loss, health, fitness, and happiness goals today?

Date: _____