

NEW YOU 7 DAY KICK START JOURNAL



NAME	
STARTING DATE	
STARTING WEIGHT	
STARTING BMI	
DAY 7 WEIGHT	
TOTAL POUNDS LOST	
DAY 7 BMI	

www.TheNewYouPlan.com

www.7daykickstart.com

"Life is what you make it, Dare to make it Magnificent!"

"Life isn't about finding yourself, Life is about Creating yourself!"

"What is easy to do is easy not to do."

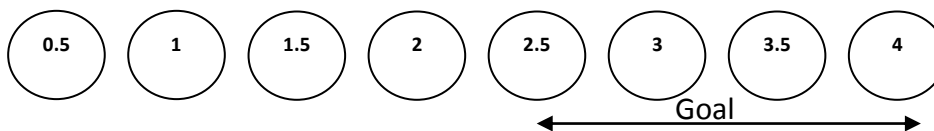
Day 1

What is your daily menu plan for today?

Aim to have at least 2 liquid products like a shake or a soup, and limit bars/wafers to just one per day if possible.

Water Intake – How many litres of water did you drink today?

Aim to drink at least 2.5 to 4 litres of water throughout the day, listen to your body and don't over flood your body with too much water. Just sip throughout the day.



Get active! Housework, Gardening, Walking, Gym, Toning- What did you do?

You don't want to push yourself too hard but it is great to be active and aim to do 30 minutes of light exercise per day, even if this is a nice walk or clearing out the garden shed. Get active and get moving, it will help you to feel good and it's a great habit to form.

How do you feel today?

Write down all the emotions that you felt today and any moments that you feel proud for staying on track and focused.

What did you learn today? What was your highlight of the day?

Did you learn something about yourself today? Write a key point from today that will help you when you look back on it.



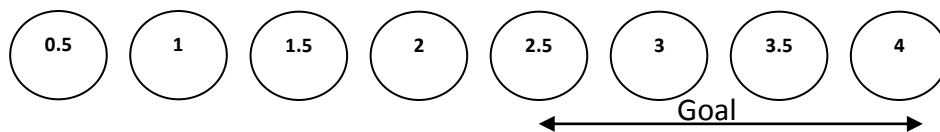
Day 2

What is your daily menu plan for today?

Aim to have at least 2 liquid products like a shake or a soup, and limit bars/wafers to just one per day if possible.

Water Intake – How many litres of water did you drink today?

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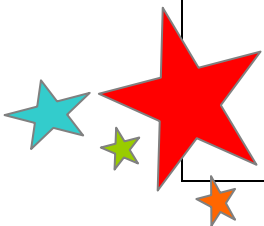
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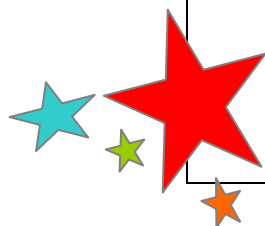
"What is easy to do is easy not to do."



Day 3	
What is your daily menu plan for today? Aim to have at least 2 liquid products like a shake or a soup, and limit bars/wafers to just one per day if possible.	
Water Intake – How many litres of water did you drink today? Aim to drink at least 2.5 to 4 litres of water throughout the day, listen to your body and don't over flood your body with too much water. Just sip throughout the day.	
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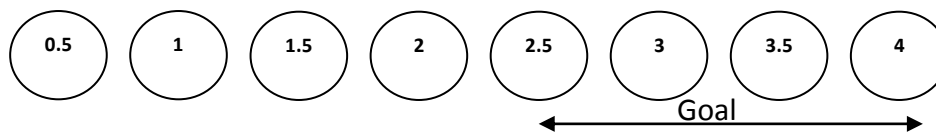
Day 4

What is your daily menu plan for today?

Aim to have at least 2 liquid products like a shake or a soup, and limit bars/wafers to just one per day if possible.

Water Intake – How many litres of water did you drink today?

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How do you feel today?

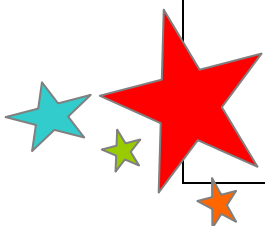
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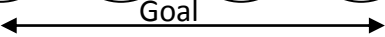
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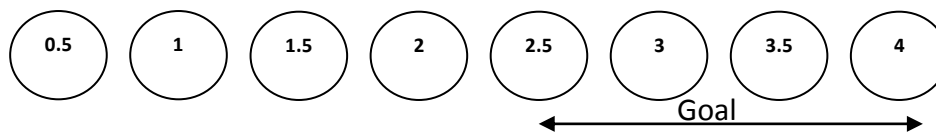
Day 6

What is your daily menu plan for today?

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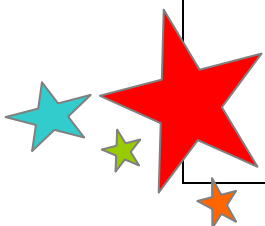
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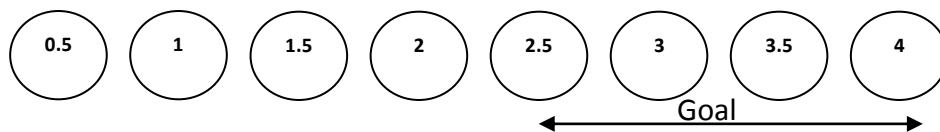
Day 7

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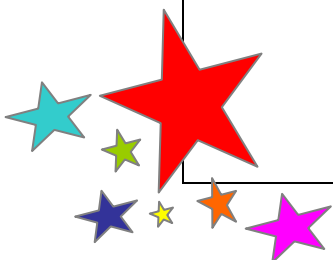
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"It is never too late to be what you could have been."