

# Week \_\_\_\_

*"The way I see it, if you want the rainbow, you've got to put up with the rain."  
Dolly Parton*

## Food Log      Week's goal:

<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		

## WEIGH IN

Weight  
Last week:

Weight  
This week:

Gain /  
Loss

Date

## Exercise Log      Week's Goal:

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<b>Tuesday</b>	
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Goals achieved?

YES / NO

Reward:

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*"All of our dreams can come true - if we have the courage to pursue them"*  
*Walt Disney*

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YES / NO

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*"The biggest room in the world is the room for improvement."*  
*Unknown*

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*"It's in your moments of decision that your destiny is shaped."  
Anthony Robbins*

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*"Forget mistakes. Forget failure. Forget everything except what you are going to do now, and do it."  
Will Durant*

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*"Amazingly enough we all live inside a body which is capable of improvement every day.  
What are you waiting for?" Brock Heirlmeier*

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*"Life is too short to live it small."  
Benjamin Disraeli*

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*"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."  
Aristotle*

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*"If I can dream, I can act. And if I can act, I can become."*  
*Poh Yu King*

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*"Grow old along with me. The best is yet to be!"*  
*Robert Browning*

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