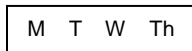
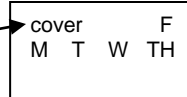


To print only the journal, type page 2 in the page range box when you print.

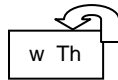
### Directions for *Get Lighter* pocket journal

This creates a handy  $2\frac{3}{4} \times 4\frac{1}{2}$  booklet where you can either plan or track your week. On the cover you can put your goal weight loss for the week, along with your reward! You can track the week, too, and keep your journals to see your progress as you go.

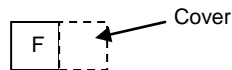
The top text is actually upside down, but it's supposed to be!



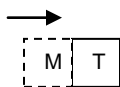
Fold in half the long way, with printed side out—matching the edges carefully will give your journal a nicer look. You now have a long skinny sheet, with printing on both sides.



With the side that has Monday, Tuesday, etc facing you, fold in half again, with the cover of the journal inside and on the right. Now fold the right edge (Thursday should be facing you) to the left, lining it up with the fold. note: you are only folding one of the two sections of the journal.



Now Friday should be facing you, with the cover on the right. Flip the entire booklet over and fold the page that says Monday to the right.



Now you should see the cover of the journal, and you're finished!



Aren't you smart?



# Get Lighter!

Week \_\_\_\_\_

Goal \_\_\_\_\_

Reward \_\_\_\_\_

## Monday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X X

## Tuesday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X

## Wednesday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X

## Thursday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X

## Friday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X

## Saturday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X

## Sunday

Breakfast

Snack

Lunch

Snack

Dinner

What went well today?

Water X X X X X X X