

# Transformation Journal

Week 3, Day 1

## Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_\_ No\_\_\_\_

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing.

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

## Week 3, Day 2

### Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_ No\_\_\_

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing..

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

## Week 3, Day 3

### Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_\_ No\_\_\_\_

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing..

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

## Week 3, Day 4

### Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_\_ No\_\_\_\_

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing..

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 3, Day 5

## Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_ steps today. Is this 100 steps over last week's average? Yes \_\_\_\_ No \_\_\_\_

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing.

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

## Week 3, Day 6

### Daily habits checklist:

- I began today with lemon tea
- I wore my pedometer and walked \_\_\_\_\_ steps today. Is this 100 steps over last week's average? Yes \_\_\_ No \_\_\_
- I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY
- I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion
- I practiced the "full" exercise at each meal
- I practiced breathing correctly
- I called up your friends and find out how they're doing..
- I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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# Transformation Journal

Week 3, Day 7

## Daily habits checklist:

\_\_\_\_ I began today with lemon tea

\_\_\_\_ I wore my pedometer and walked \_\_\_\_ steps today. Is this 100 steps over last week's average? Yes\_\_\_\_ No\_\_\_\_

\_\_\_\_ I've totaled up this week's steps, divided by seven, and got a daily average of \_\_\_\_ steps per day which is an average of \_\_\_\_\_ steps over/under last week's steps.

\_\_\_\_ I scheduled about 5 hours between meals and ate ONLY WHEN TRULY HUNGRY

\_\_\_\_ I chewed every mouthful 30 times or until completely liquidized, savouring my food, and eating in a relaxed fashion

\_\_\_\_ I practiced the "full" exercise at each meal

\_\_\_\_ I practiced breathing correctly

\_\_\_\_ I called up your friends and find out how they're doing..

\_\_\_\_ I drank three glasses of Vitality Vinegar Tonic today

Here are all the things that went well for me today:

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Here's one thing I'm going to change/do to make tomorrow easier and more successful:

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Here's how I'm going to celebrate this week's victories:

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**Wow! Congratulations for successfully completing ANOTHER week!!**