

Body Clutter Investigator: Daily Chart for our Metabolism and Loving Ourselves

Day: M T W Th F S S Date: _____ Today's Scale Reading _____
This is not who you are! Don't be afraid!

Sleep: Bedtime last night? _____ Get up time this morning? _____
How many times did I get up during the night? _____
Did I take a nap today? _____ Total Hours of Sleep? _____
Did I do my Morning Routine? _____ Before Bed Routine? _____

Quick Check List: color in the circles

Meals 000 Fruits 000 Water 00000000 Vitamins 0
Snacks 000 Veggies 000 Milk Products 000
Walking 0 Weights 0 Aerobic Activity 0 Stretching 0

Food intake: Meals and Snacks:

Breakfast _____
Morning Snack _____
Lunch _____
Afternoon Snack _____
Dinner _____
Evening Snack _____

How much fiber did I consume today? _____

Did I take my vitamins and supplements today? _____

Blessing my Body with Loving Movement:

Did I move any today? _____ How many minutes did I spend walking? _____
Lifting Weights? _____ In aerobic activity? _____ Stretching? _____

What happened today? How did I feel about it? Did I experience any emotional
Body Clutter today? Write on the back if needed. _____

Go Me!! I am so proud of me for facing all my Body Clutter!