

REBOOT AND RESET YOUR BODY



PRE-CLEANSE DAILY JOURNAL



BY EMILY CHAN-NORRIS

PRE-CLEANSE DAILY JOURNAL

Studies show that people who keep food journals lose more weight and are more successful at keeping it off for the long-term than those who don't.

In fact, a study published in the American Journal of Preventative Medicine found that people who kept a food journal lost **twice the weight** of those who relied on dieting and exercising alone.

The food journal is a powerful tool to help **bring awareness to your eating patterns**.

This process is designed to be fun and informative and will help you to notice the connection between what you eat and how you feel emotionally and physically.

TRACKING YOUR PROGRESS:

Before the cleanse even begins, I want you to start getting into the habit of tracking your food and lifestyle choices.

NOTE: Do not change anything you're currently doing

The purpose of this exercise is to help you become more **aware** of your current habits, behaviors, and choices.

Replace judgment with curiosity. Use this tool to help you gain a better understanding of where you're starting. At the end of the program, you'll appreciate just how far you've come!

No one is going to see your journal except for you (unless you choose to share it with others), so please be honest with yourself.

In order to change your behaviors, you must first identify what they are and then get to know them better (instead of avoiding them or hiding from them).

This exercise is NOT intended to make you feel bad about yourself.

Its purpose is to help you gain more awareness so you can **identify patterns** that may be contributing to your health concerns or unwanted behaviors.

Have fun with this!

INSTRUCTIONS:

Print this journal and fill it out every day before the cleanse starts. I've included 15 copies here, but only print as many copies as you need.

If you'd prefer to use a notebook, an app, a spreadsheet, or any other tracking method, that's completely fine...just use it!

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 1: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 2: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 3: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 4: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 5: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 6: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 7: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 8: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 9: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 10: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 11: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 12: ____/____/____

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 13: ____/____/____

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 14: ____/____/____

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)

PRE-CLEANSE DAILY JOURNAL

[PRE-CLEANSE] DAY 15: ___/___/___

DAILY WATER INTAKE (8 oz):

	Time	Food/Drink	Hunger (0-5)	Mood (or other comments)
Breakfast				
Lunch				
Dinner				
Snacks				

Wake Up _____ Bedtime _____ Exercise _____

Today I am grateful for...

Today I am proud of myself for...

OTHER NOTES (mood, energy level, cravings, positive changes, quality of sleep, etc.)
