

# *Diary* • THE PCOS FROM STRUGGLE TO SUCCESS

DR. REBECCA HARWIN

**The PCOS Diary – From Struggle To Success**

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## DISCLAIMER

The author of this book has made her best efforts to ensure the information contained within is accurate, informative, helpful and relevant. She makes no representation regarding completeness or accuracy. No liability of any kind is accepted for any losses or damages, caused or alleged to be caused, from implementing the information within this book.

This diary should not be used as an alternative to seeking specialist advice.

It is recommended that the reader consult an appropriate health care practitioner for advice specific to their needs and situation.

Any opinions expressed in this work are exclusively those of the author.

## GRATITUDE & DEDICATION

*To the beautiful women from around the globe, who suffer from Polycystic Ovary Syndrome.*

Your strength of character & thirst for the knowledge to live a better, more healthy and fulfilled life are inspiring.

## FOREWORD

Sometimes life can feel complicated. Truly focusing on your health can seem difficult, confusing, and at times, even impossible. However, when we break down these large changes and challenges into simple, bit-sized morsels, they become much easier to implement. We realise the steps are not only possible, but they can be easily managed. Sometimes we discover they are even fun!

*"People rarely success unless they have fun in what they are doing"*  
- Dale Carnegie

The wonderful and exciting part is, there are things you can do each and every day. Small things even, which over time can create massive positive change.

Why keep a dairy or planner?

Accountability has been proven to enhance success. Writing down your goals and tracking your behaviours illuminates areas that can be improved upon and reveals achievements worthy of celebration. It also lets you know your progress, pace and path.

The PCOS Diary is intended to help you make, track and inspire change. Use this powerful tool to enhance and encourage your success!

From PCOS to perfect health, with gratitude,



Dr. Rebecca Harwin  
'The PCOS Expert'  
[www.ConquerYourPCOSNaturally.com](http://www.ConquerYourPCOSNaturally.com)  
[www.ThePCOSClinic.com](http://www.ThePCOSClinic.com)



International author, Polycystic Ovary Syndrome (PCOS) expert, speaker and experienced clinician Dr. Rebecca Harwin has been helping women to improve their health for many years.

Dr. Rebecca understands how tough it can be having suffered from PCOS herself. After overcoming each of the signs and symptoms and gaining the upper hand, she is excited to show women how they can successfully and permanently lose weight, regain their period, naturally boost fertility and significantly increase their chances of having happy, healthy babies, have clearer – even blemish and hair free - skin and conquer their PCOS.

To discover how to interpret the results of your PCOS diary and grab your free gifts, simply head to:

[www.ConquerYourPCSNaturally.com/ThePCOSDiary](http://www.ConquerYourPCSNaturally.com/ThePCOSDiary)

Follow Dr. Rebecca on:

Facebook.com at [www.Facebook.com/ConquerYourPCOS](http://www.Facebook.com/ConquerYourPCOS)

Twitter at <http://Twitter.com/ConquerPCOS>

Youtube at [www.YouTube.com/ConquerYourPCOS](http://www.YouTube.com/ConquerYourPCOS)



A close-up photograph of a woman with long, wavy blonde hair, smiling warmly at the camera. She is wearing a light pink ribbed top. In her right hand, she holds a vibrant pink gerbera flower with its green stem extending downwards. The background is a soft-focus image of a large, detailed purple gerbera flower.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 1

## WEEK 1

Thoughts/Feelings: .....

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Exercise/Physical Activity I Have Planned For This Week: .....

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Fun Stuff I Have Planned For This Week: .....

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Challenges I Have Experienced In The Past: .....

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Ideas I Have To Overcome These Challenges: .....

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Steps I Have Previously Taken To Improve My Health: .....

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Weight: .....

Waist Measurement: ..... cm/inches

Average Energy Levels: ..... /10

Main Mood: ..... /10

Average Hunger Levels: ..... /10

Any Significant Cravings Last Week: .....

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# AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Think like a man of action, and act like a man of thought."*  
**Henri L. Bergson**

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 1

*"I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do."*

*Hellen Keller*

Date: **TUESDAY**

Positive steps taken today:

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Thought/Feelings:

---

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough."*  
**Josh Billings**

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 1

*"Even if you're on the right track, you'll  
get run over if you just sit there"*  
**Will Rogers**

Date: **THURSDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"You can never cross the ocean unless you have the courage to lose sight of the shore."*  
*Christopher Columbus*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 1

*"To a brave man, good and bad luck are like his left and right hand. He uses both."*  
*St Catherine of Siena*

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"When one door of happiness closes, another opens,  
but often we took so long at the closed door that we do not  
see the one that has been opened up for us"*

*Helen Keller*

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

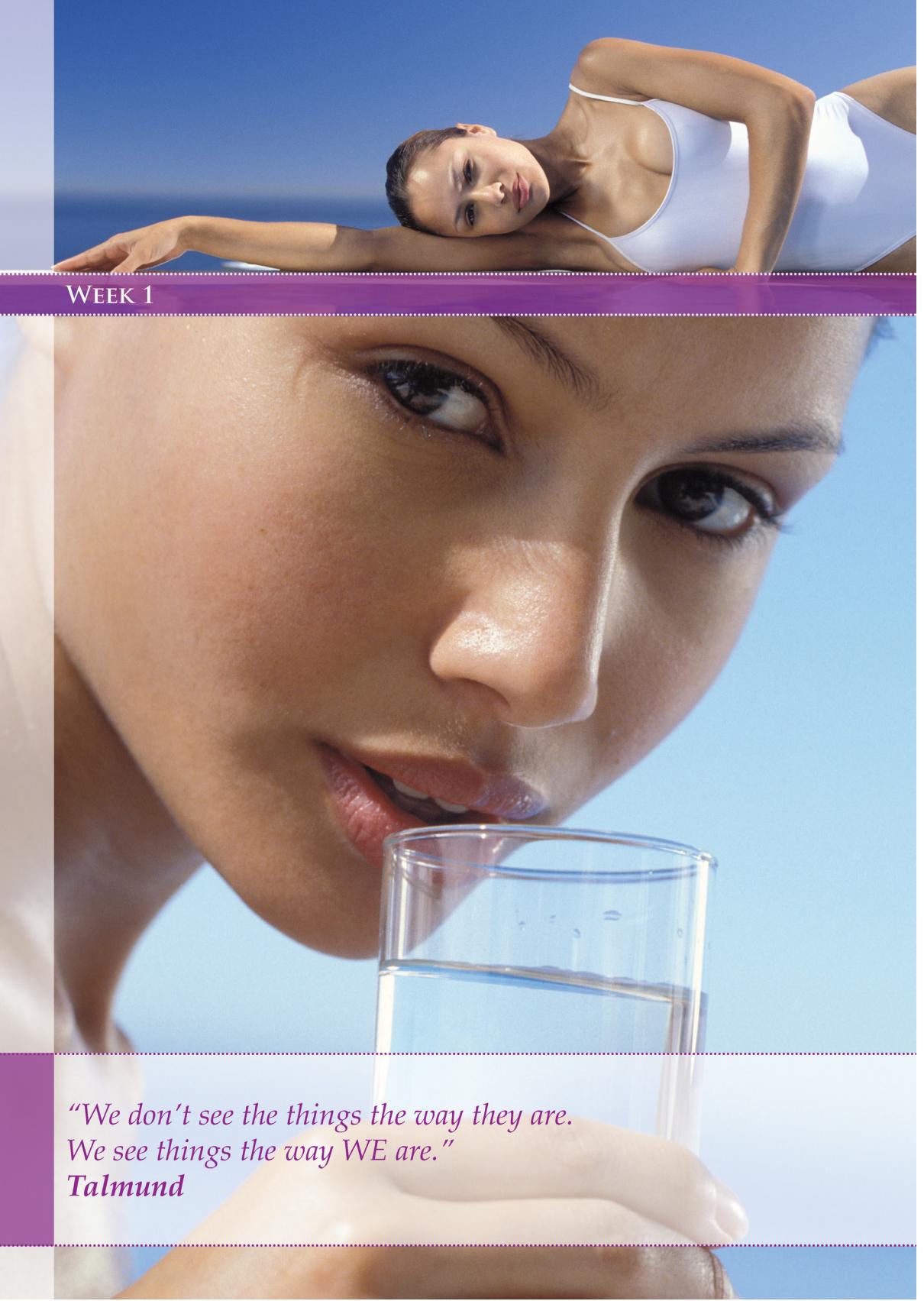
Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

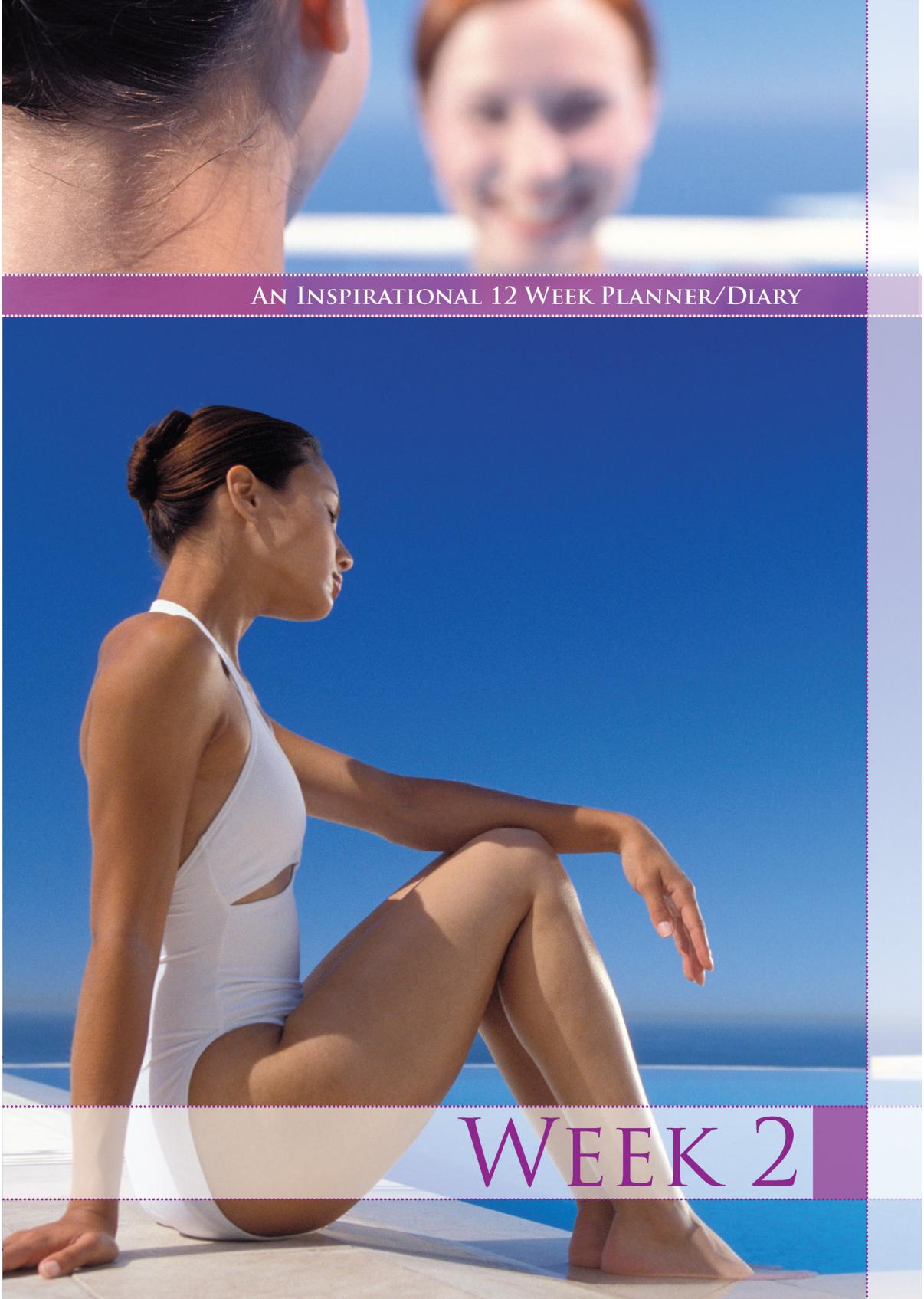
Exercise: .....

Hours of sleep last night: ..... hours

A woman in a white swimsuit is leaning over a clear glass filled with water. She is looking directly at the camera with a neutral expression. The background is a bright blue sky.

WEEK 1

*"We don't see the things the way they are.  
We see things the way WE are."*  
**Talmund**

A photograph of a woman with dark hair tied back, wearing a white one-piece swimsuit. She is sitting on a light-colored ledge, looking out over a bright blue ocean under a clear sky. In the top left corner, there is a close-up, slightly blurred view of her hair and the back of her head.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 2

## WEEK 2

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:               /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Every problem has in it the seeds of its own solution.  
If you don't have any problems, you don't get any seeds."*  
*Norman Vincent Peale*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 2

*"If you change the way you look at things, the things you look at change."*  
**Dr Wayne Dyer**

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise:

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"The problem is not that there are problems.  
The problem is expecting otherwise and thinking that  
having problems is a problem."  
Theodore Rubin*

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 2

*"Pessimist - A person who says that O is the last letter of ZERO, instead of the first letter in word OPPORTUNITY."*

*Anonymous*

Date: **THURSDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Opportunity is missed by most people because it is dressed in overalls and looks like work."*

*Thomas A Edison*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 2

*"Blessed are those who can give without remembering  
and take without forgetting"  
Elizabeth Bibesco*

Date: ..... **SATURDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Yesterday is history, tomorrow is a mystery.  
And today? Today is a gift. That's why we call it the present."*  
**B. Olatunji**

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

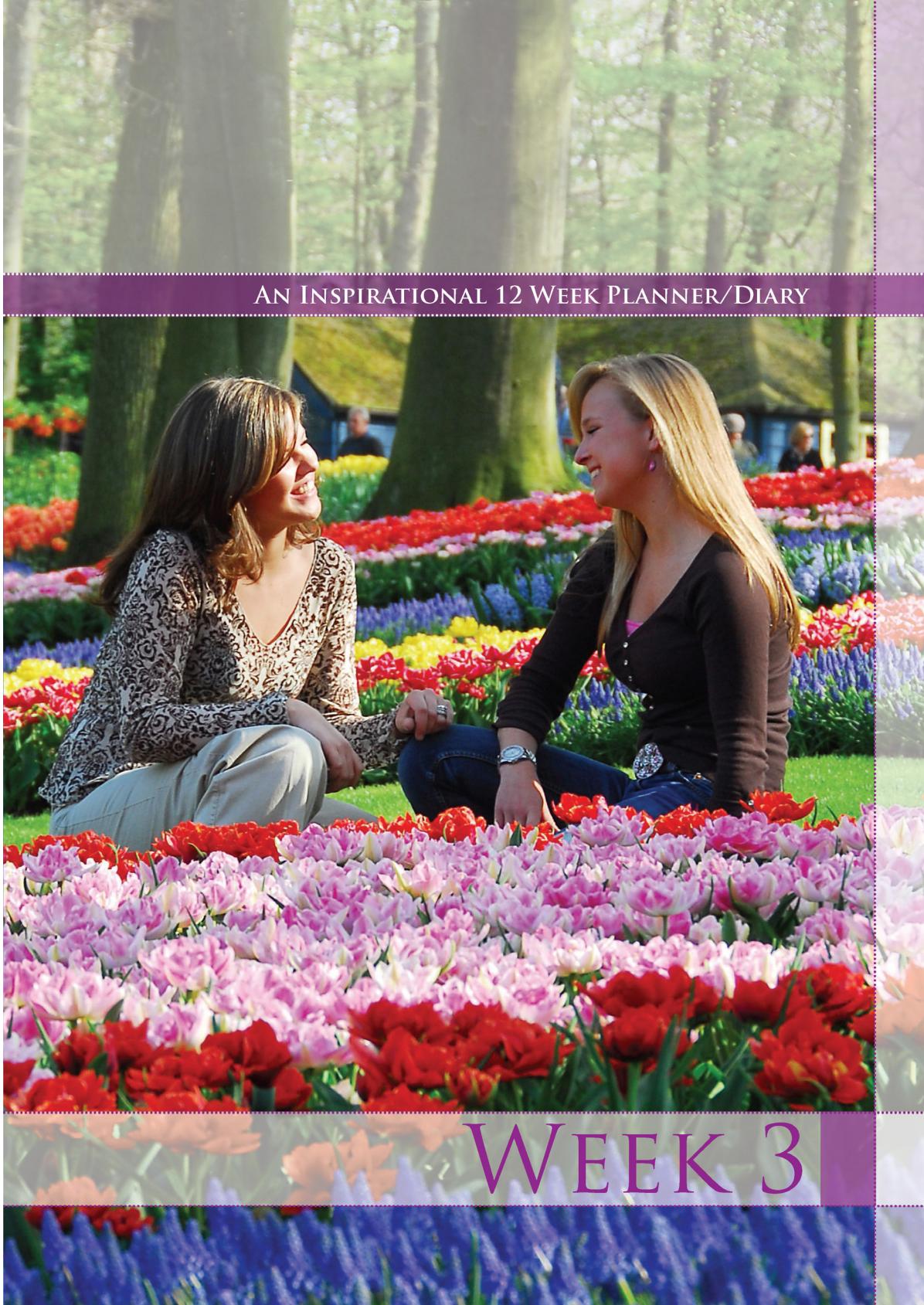
Exercise: .....

Hours of sleep last night: ..... hours

WEEK 2



*"When you get to the end of the rope, tie a knot and hang on."*  
**Franklin D Roosevelt**

A photograph of two women sitting on a grassy hillside, facing each other and smiling. They are surrounded by a vast field of colorful tulips in shades of red, pink, yellow, and blue. In the background, there are tall trees and a few small buildings with green roofs.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 3

## WEEK 3

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:               /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Your attitude, not your aptitude, determines your altitude."*  
Zig Ziglar

Date: ..... MONDAY

Positive steps taken today:

Thoughts/Feelings:

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 3

*"If you're going through hell, keep going."*  
Winston Churchill

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

---

---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"The secret to success is to start from scratch and keep on scratching."*  
**Dennis Green**

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 3

*"Champions aren't made in gyms. Champions are made from something they have deep inside them a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill."*

*Muhammad Ali*

Date: **THURSDAY**

Positive steps taken today:

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Thoughts/Feelings:

---

---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."*

Dale Carnegie

Date: ..... FRIDAY

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 3

*"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable."*

*Christopher Reeve*

Date: ..... **SATURDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Hard work spotlights the character of people. Some turn up their sleeves. Some turn up their noses, and some don't turn up at all."*

*Sam Ewing*

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

WEEK 3



*"There are those who work all day. Those who dream all day. And those who spend an hour dreaming before setting to work to fulfill those dreams. Go into the third category because there's virtually no competition."*

**Steven J Ross**



AN INSPIRATIONAL 12 WEEK PLANNER/DIARY



WEEK 4

## WEEK 4

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:               /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Our greatest glory is not in never falling, but in rising every time we fall."*  
*Confucious*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 4

*"Many of life's failures are people who had not realized how close they were to success when they gave up."*

*Thomas A Edison*

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"The main thing is to keep the main thing the main thing."*  
**Stephen Covey**

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 4

*"Efficiency is doing things right. Effectiveness is doing the right things."*  
**Peter Drucker**

Date: **THURSDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Do you know what happens when you give a procrastinator a good idea?  
Nothing!"  
Donald Gardner*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 4

*"Success is what you attract by the person you become."*  
**Jim Rohn**

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"You have to 'Be' before you can 'Do' and 'Do' before you can 'Have'.  
Zig Ziglar*

Date: ..... **SUNDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

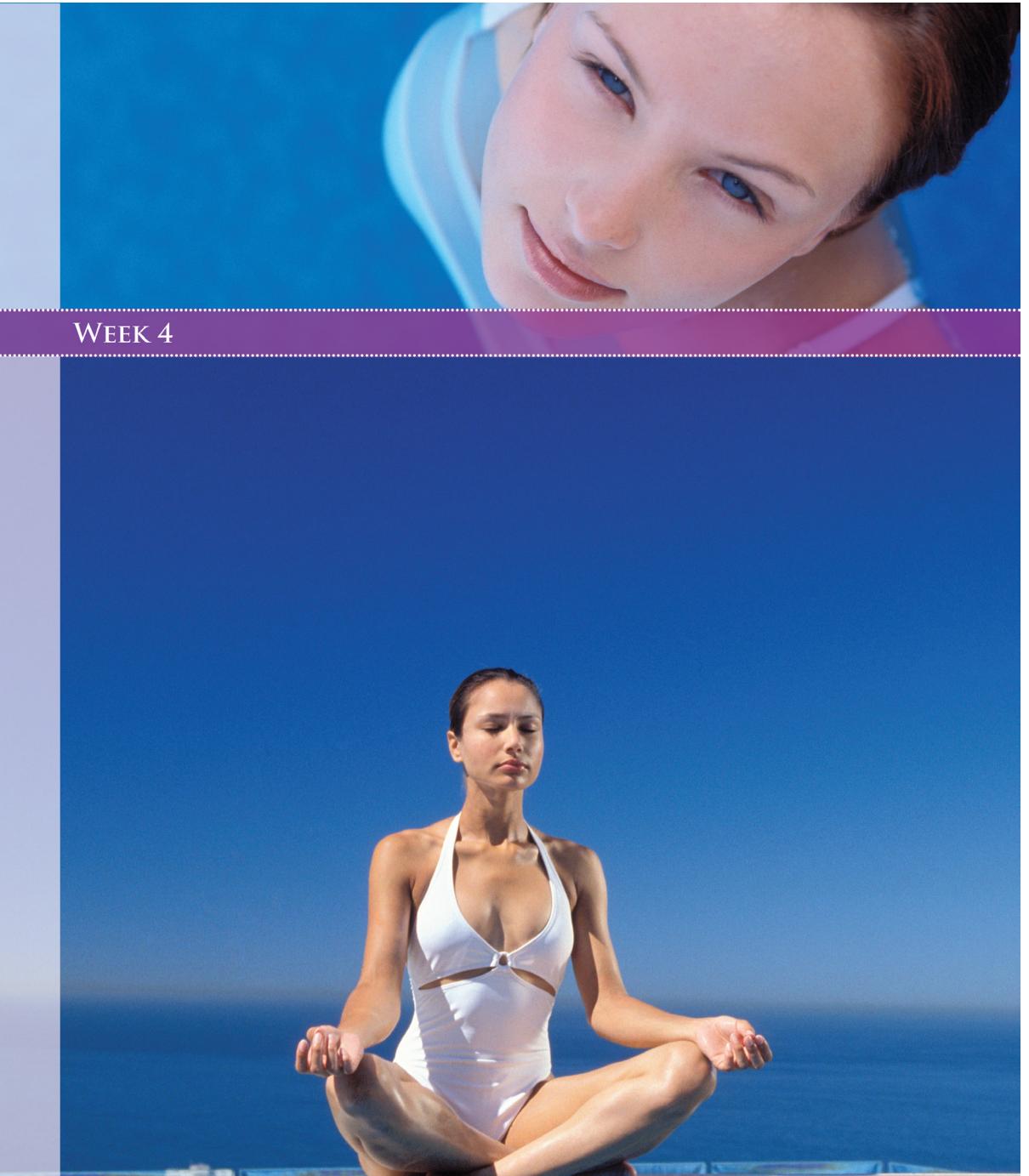
Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

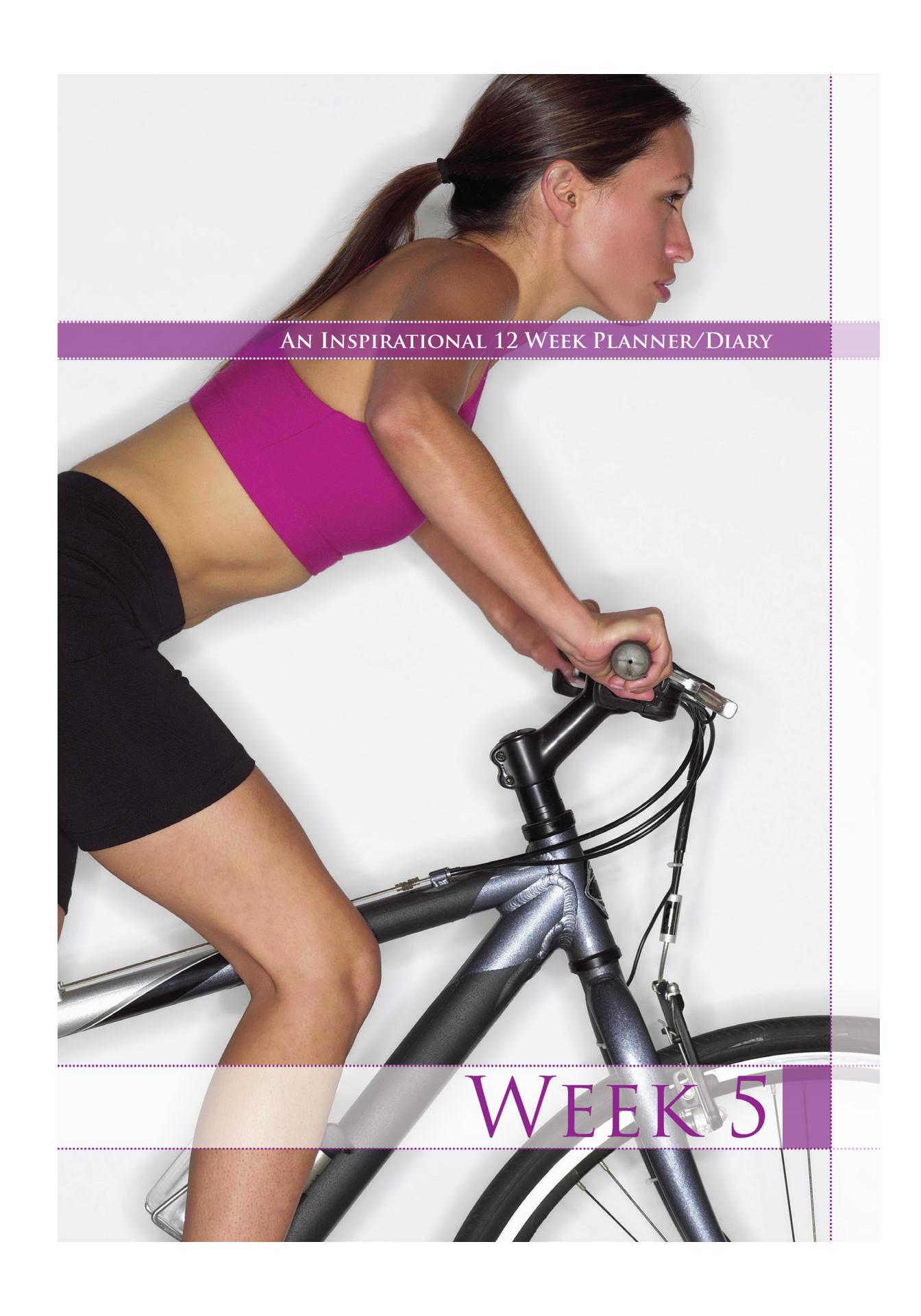
Exercise: .....

Hours of sleep last night: ..... hours



WEEK 4

*"You can have everything in life that you want if you will just help enough other people to get what they want."*  
**Zig Ziglar**

A photograph of a woman in profile, riding a bicycle. She has long brown hair tied back in a ponytail and is wearing a bright pink sports bra and black cycling shorts. She is leaning forward in a cycling posture, holding the handlebars. The bicycle has a dark frame and white tires. The background is plain white.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 5

## WEEK 5

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

---

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Challenges I Faced Last Week:

---

---

Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

---

---

This week's successes:

---

---

Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:               /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"The test we must set for ourselves is not to march alone but to march in such a way that others wish to join us."*

**Hubert Humphrey**

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 5

*"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus when the limo breaks down."*  
*Oprah Winfrey*

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

---

---

---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Formal education will make you a living.  
Self education will make you a fortune."*

*Jim Rohn*

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 5

*"It isn't what the book costs. It's what it will cost you if you don't read it."*  
**Jim Rohn**

Date: **THURSDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"You must be the change you want to see in the world."*  
**Mahatma Gandhi**

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 5

*"The future has several names. For the weak, it is the impossible.  
For the fainthearted, it is the unknown.  
For the thoughtful and valiant, it is the ideal."*  
Victor Hugo

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"There is nothing more genuine than breaking away from the chorus to learn the sound of your own voice."*

**Po Bronson**

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

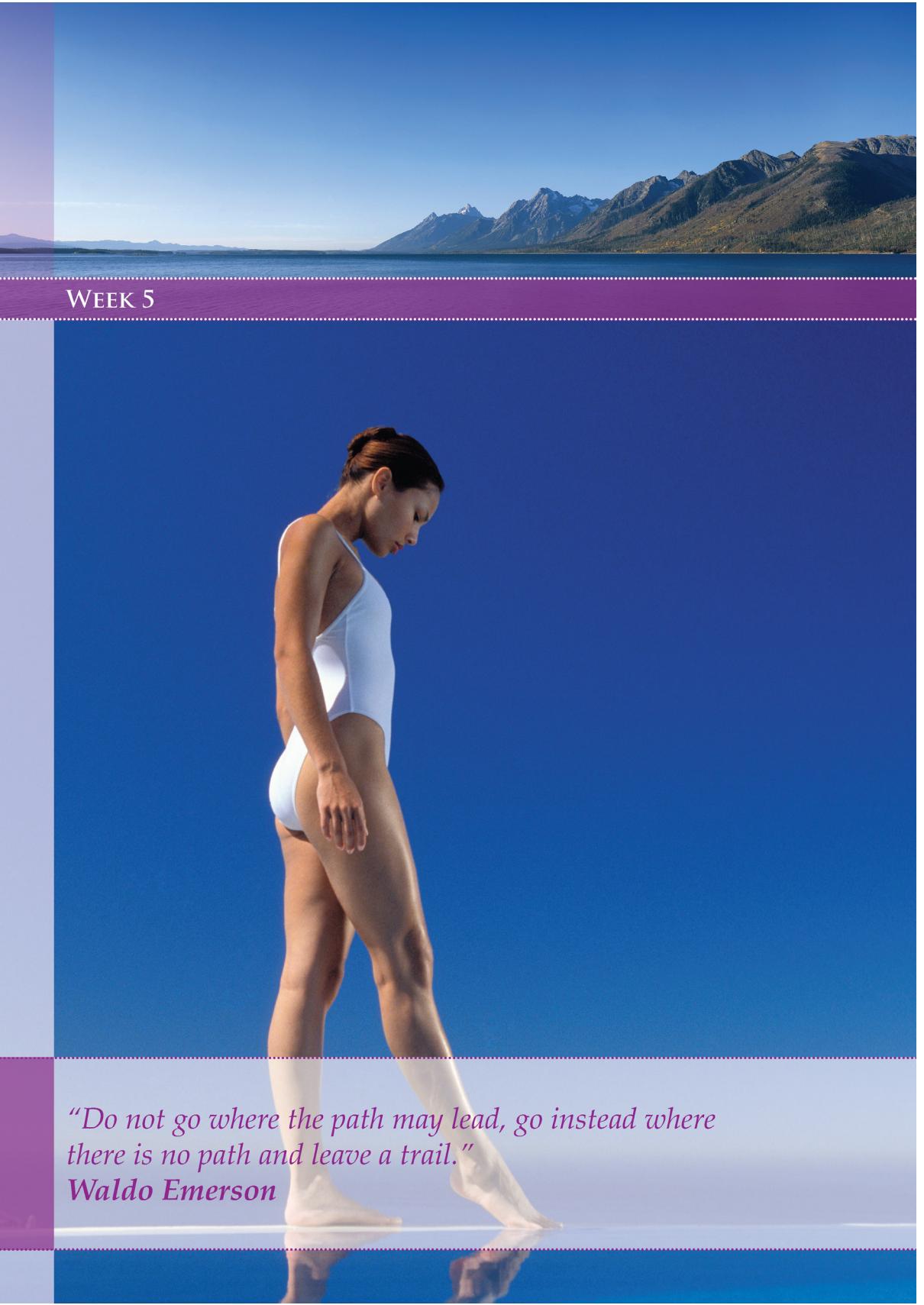
Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

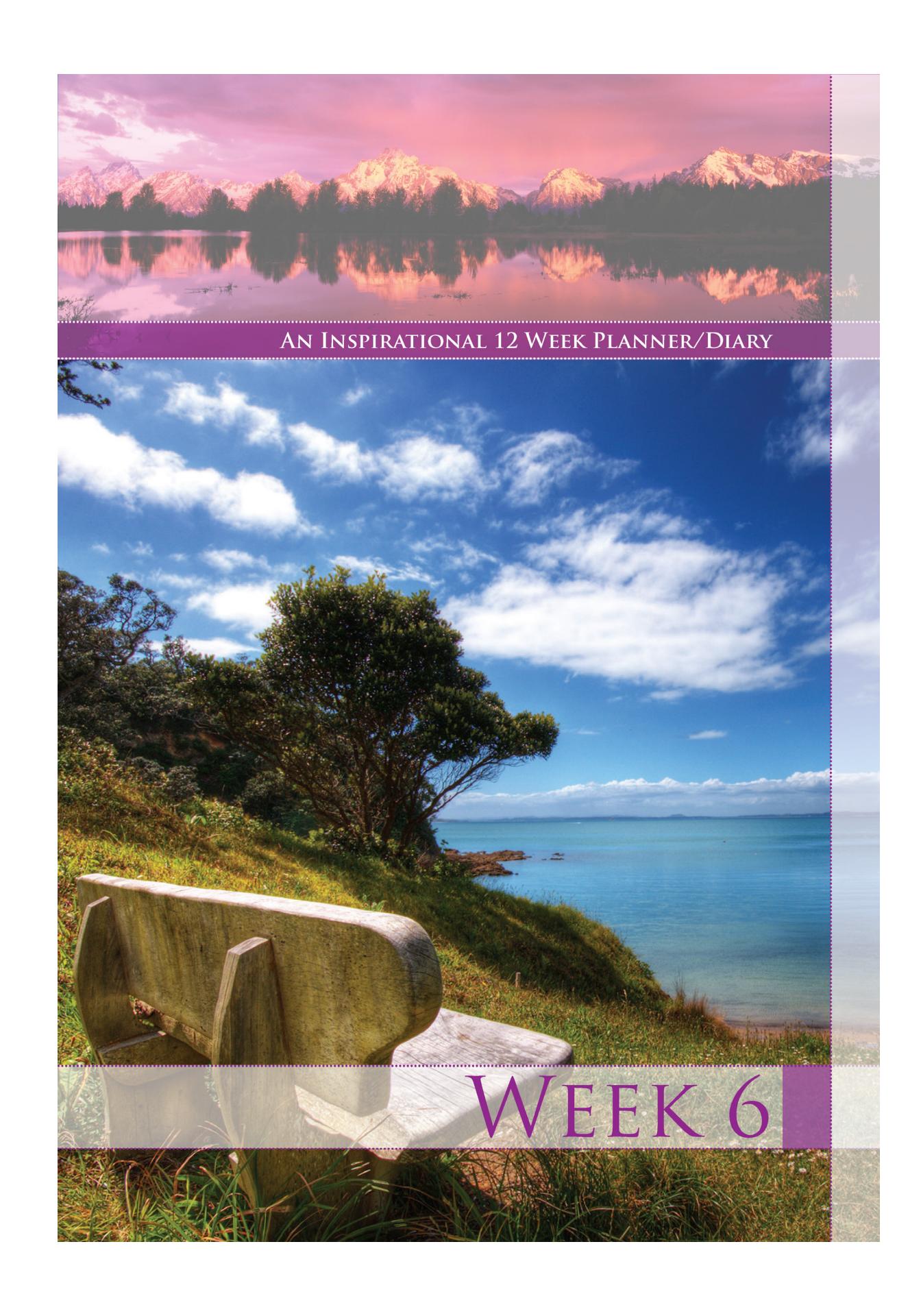
Hours of sleep last night: ..... hours



WEEK 5

*"Do not go where the path may lead, go instead where there is no path and leave a trail."*

**Waldo Emerson**



An INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 6

## WEEK 6

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

---

Fun Stuff I Have Planned For This Week:

---

Challenges I Faced Last Week:

---

Ideas I Have To Overcome These Challenges:

---

Progress/Steps I Made Last Week:

---

This week's successes:

---

Weight:

Waist Measurement:                    cm/inches

Average Energy Levels:                /10

Main Mood:                              /10

Average Hunger Levels:                /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Use what talents you possess, the woods will be very silent if no birds sang there except those that sang best."*

*Henry van Dyke*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 6

*"Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric."*

*Bertrand Russell*

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"History will be kind to me, for I intend to write it."*  
Winston Churchill

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 6

*"Life isn't about finding yourself. Life's about creating yourself."*  
**George Bernard Shaw**

Date: **THURSDAY**

Positive steps taken today:

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Thoughts/Feelings:

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---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point."*

*Harold B Melchart*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 6

*"The tragedy of life doesn't lie in not reaching your goal.  
The tragedy lies in having no goals to reach."*  
**Benjamin Mays**

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"More often in life, we end up regretting the chances in life that we had, but didn't take them, than those chances that we took and wished we hadn't."*

*Anonymous*

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

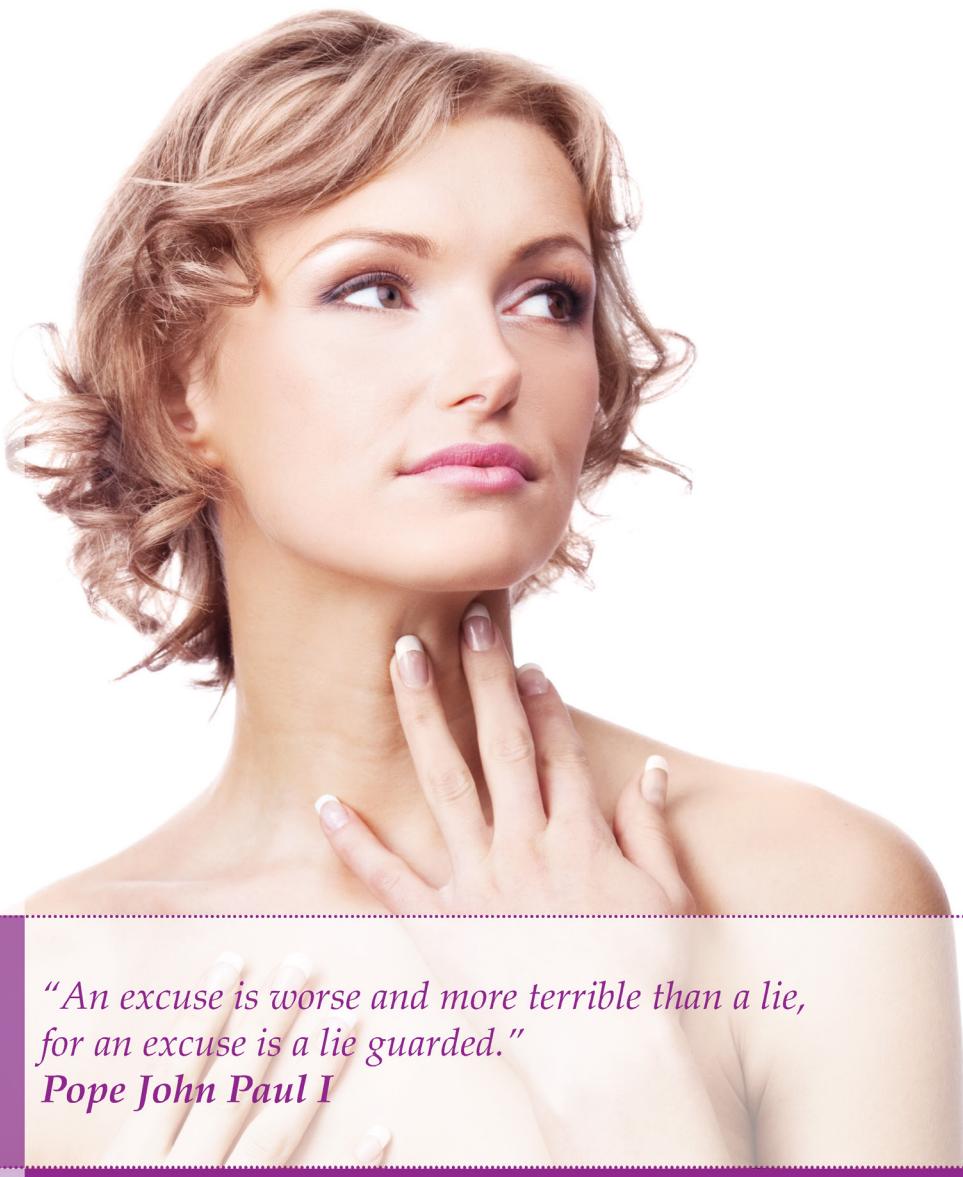
My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 6



*"An excuse is worse and more terrible than a lie,  
for an excuse is a lie guarded."*

**Pope John Paul I**



AN INSPIRATIONAL 12 WEEK PLANNER/DIARY



WEEK 7

## WEEK 7

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:              /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Don't wish it were easier, wish you were better. Don't wish for fewer problems, wish for more skills. Don't wish for less challenges, wish for more wisdom."*

*Earl Shoaf*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 7

*Always listen to the experts. They'll tell you what can't be done and why. Then do it.*

**Robert Heinlein**

Date: **TUESDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*Nothing is particularly hard if you divide it into small jobs.*  
**Henry Ford**

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 7

*An ounce of action is worth a ton of theory.  
Friedrich Engels*

Date: ..... **THURSDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Argue for your limitations, and sure enough, they're yours."*  
**Richard Bach (Illusions)**

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 7

*"Someone's sitting in the shade today because someone planted a tree a long time ago."*  
**Warren Buffett**

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Don't let what you cannot do interfere with what you can do."*  
**John Wooden**

Date: ..... **SUNDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

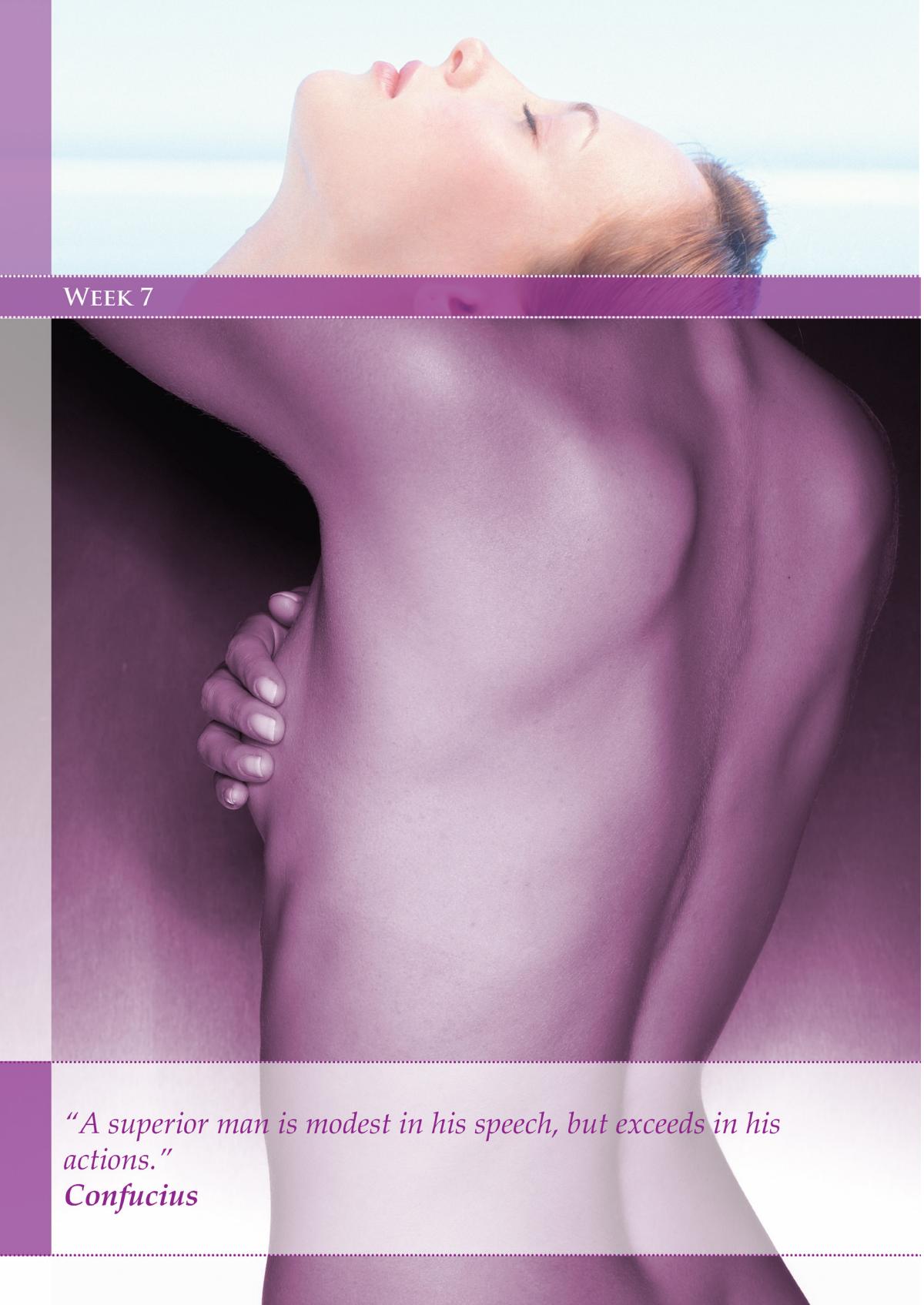
Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

A photograph of a woman from the waist up. She is nude, with her head tilted back and eyes closed, suggesting relaxation or meditation. Her right hand rests against her right shoulder. The background is a soft-focus outdoor scene with a blue sky and water.

WEEK 7

*"A superior man is modest in his speech, but exceeds in his actions."*

**Confucius**

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 8

## WEEK 8

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                    cm/inches

Average Energy Levels:                /10

Main Mood:                              /10

Average Hunger Levels:                /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity."*

*George S. Patton*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 8

*"Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress."*

*Alfred A. Montapert*

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense."*

*Thomas A. Bennet*

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 8

«No man is free who is not master of himself.  
Epictetus

Date: **THURSDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise:

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«It's the possibility of having a dream come true that makes life interesting.  
*The Alchemist* by Paulo Coelho

Date: ..... **FRIDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 8

*"A person is a success if they get up in the morning and gets to bed at night and in between does what he wants to do."*

**Bob Dylan**

Date: ..... **SATURDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Champions aren't made in the gyms. Champions are made from something they have deep inside them — a desire, a dream, a vision.»

Muhammad Ali

Date: ..... SUNDAY

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 8



*«It is in the compelling zest of high adventure and of victory,  
and in creative action, that man finds his supreme joys.”*  
**Antoine de Sainte Exupery**



AN INSPIRATIONAL 12 WEEK PLANNER/DIARY



WEEK 9

## WEEK 9

Thoughts/Feelings:

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Exercise/Physical Activity I Have Planned For This Week:

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Relaxation/Meditation I Have Planned For This Week:

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Fun Stuff I Have Planned For This Week:

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Challenges I Faced Last Week:

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Ideas I Have To Overcome These Challenges:

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Progress/Steps I Made Last Week:

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This week's successes:

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Weight:

Waist Measurement:                   cm/inches

Average Energy Levels:               /10

Main Mood:                           /10

Average Hunger Levels:               /10

Any Significant Cravings Last Week:

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«We are still masters of our fate. We are still captains of our souls.»  
Winston Churchill

Date: ..... MONDAY

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 9

«Everyday, God gives us the sun – and also one moment in which we have the ability to change everything...”  
Paulo Coelho

Date: ..... **TUESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Winning isn't everything, but wanting to win is.  
Vince Lombardi

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 9

«Courage is the discovery that you may not win,  
and trying when you know you can lose.”  
*Tom Krause*

Date: **THURSDAY**

Positive steps taken today:

Thoughts/Feelings:

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise:

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Every human is an artist. The dream of your life is to make beautiful art."   
Don Miguel Ruiz

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 9

«When you judge others, you do not define them, you define yourself."  
Earl Nightingale

Date: ..... SATURDAY

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*«In the hopes of reaching the moon men fail to see the flowers that blossom at their feet.»*

*Albert Schweitzer*

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

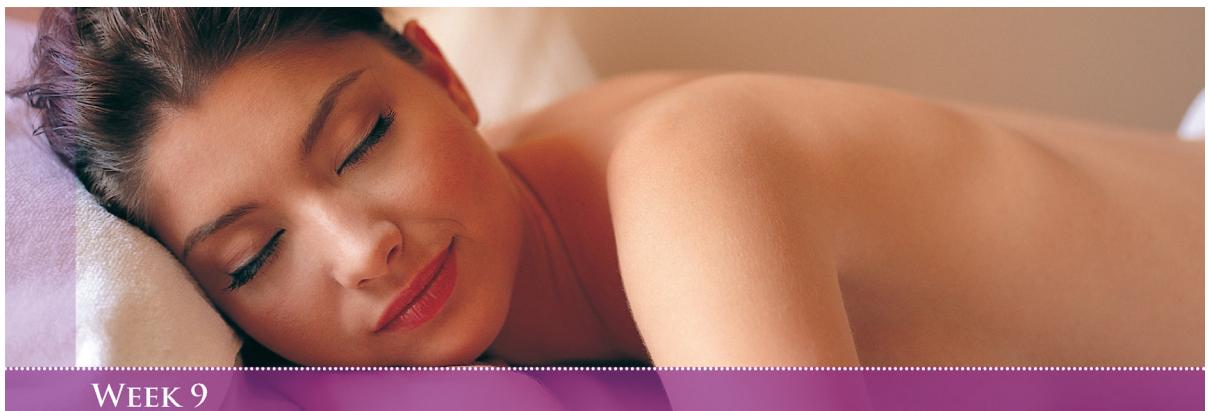
Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours



WEEK 9



*«Hope is the dream of a man awake.”*  
**French Proverb**

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY



WEEK 10

## WEEK 10

Thoughts/Feelings: .....

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Exercise/Physical Activity I Have Planned For This Week: .....

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Fun Stuff I Have Planned For This Week: .....

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Challenges I Faced Last Week: .....

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Ideas I Have To Overcome These Challenges: .....

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Progress/Steps I Made Last Week: .....

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This week's successes: .....

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Weight:

Waist Measurement:                    cm/inches

Average Energy Levels:                /10

Main Mood:                              /10

Average Hunger Levels:                /10

Any Significant Cravings Last Week: .....

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*«I postpone death by living, by suffering, by error,  
by risking, by giving, by losing.”*

*Anais Nin*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 10

«Life is a big canvas, throw all the paint on it you can.»  
Danny Kaye

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

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Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«And in the end, it's not the years in your life that count.  
It's the life in your years."   
Abraham Lincoln

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 10

«When inspiration does not come to me, I go half way to meet it."  
Sigmund Freud

Date: ..... THURSDAY

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.»

Mark Twain

Date: FRIDAY

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## WEEK 10

«Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each. " Henry David Thoreau

Date: **SATURDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Every ceiling, when reached, becomes a floor, upon which one walks as a matter of course and prescriptive right.»

Aldous Huxley

Date: ..... SUNDAY

Positive steps taken today:

Thoughts/Feelings:

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

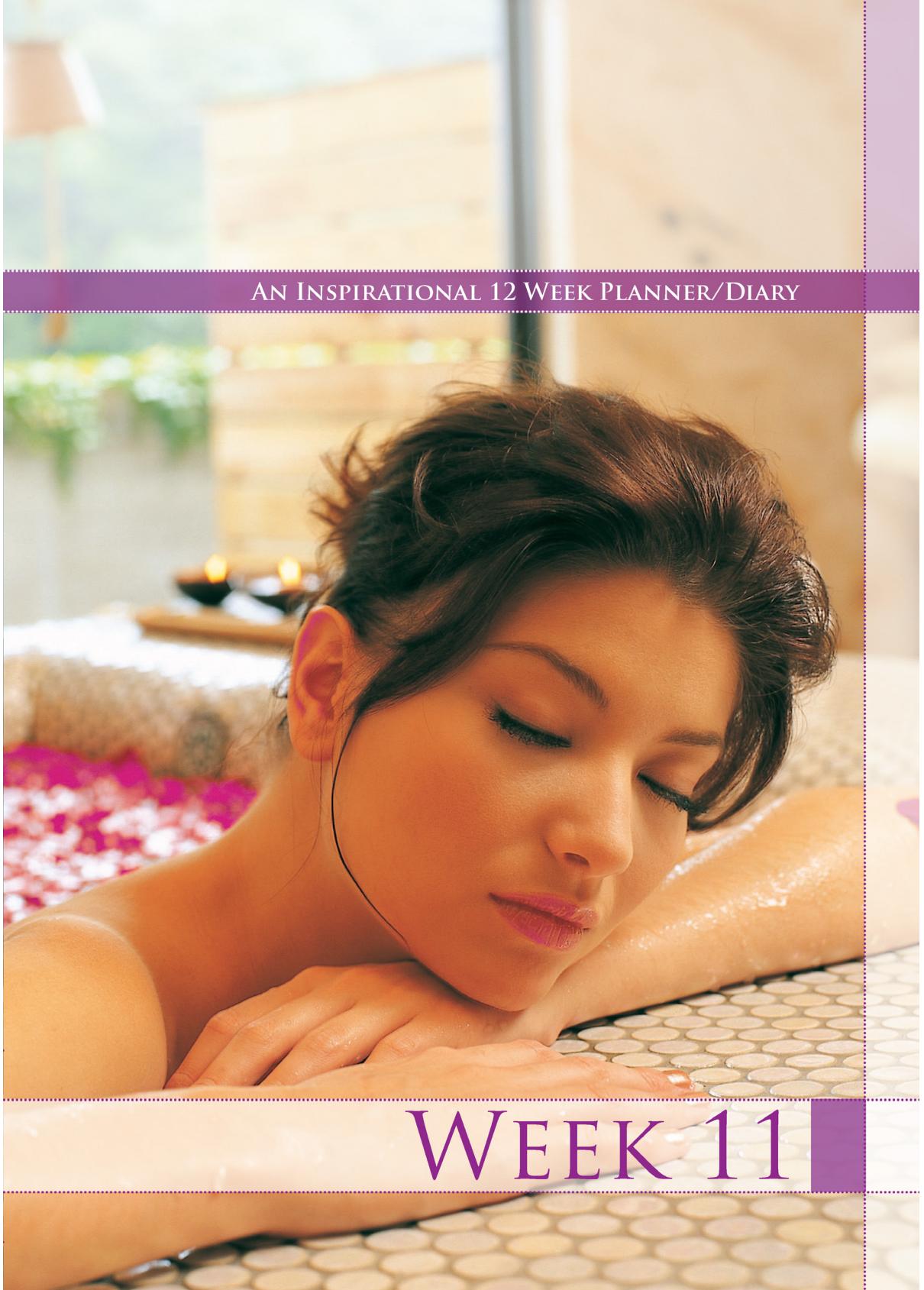
Hours of sleep last night: ..... hours

WEEK 10



*«Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be.»*

**Karen Ravn**

A close-up photograph of a woman with dark hair, eyes closed, resting her head on her hand. She is in a bathtub filled with water and pink rose petals. In the background, there are lit candles on a tray and a blurred view of a room with a wooden wall.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 11

## WEEK 11

Thoughts/Feelings: .....

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Exercise/Physical Activity I Have Planned For This Week: .....

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Fun Stuff I Have Planned For This Week: .....

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Challenges I Faced Last Week: .....

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Ideas I Have To Overcome These Challenges: .....

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Progress/Steps I Made Last Week: .....

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This week's successes: .....

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Weight:

Waist Measurement:                    cm/inches

Average Energy Levels:                /10

Main Mood:                              /10

Average Hunger Levels:                /10

Any Significant Cravings Last Week: .....

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«You're on the road to success when you realize that failure is only a detour.»  
*Anonymous*

Date: ..... **MONDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 11

«A man is not old until regrets take the place of dreams.”  
*John Barrymore*

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings:

Hunger: \_\_\_\_\_ /10

Exercise:

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«To live is so startling it leaves little time for anything else.  
Emily Dickinson

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 11

«I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing." Agatha Christie

Date: **THURSDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«Reach high, for stars lie hidden in your soul.  
Dream deep, for every dream precedes the goal."   
*Pamela Vaull Starr*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 11

«Don't follow your dreams; chase them.”  
**Richard Dumb**

Date: ..... **SATURDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«A rich man is not one who has the most, but one who needs the least.”  
Anonymous

Date: ..... **SUNDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

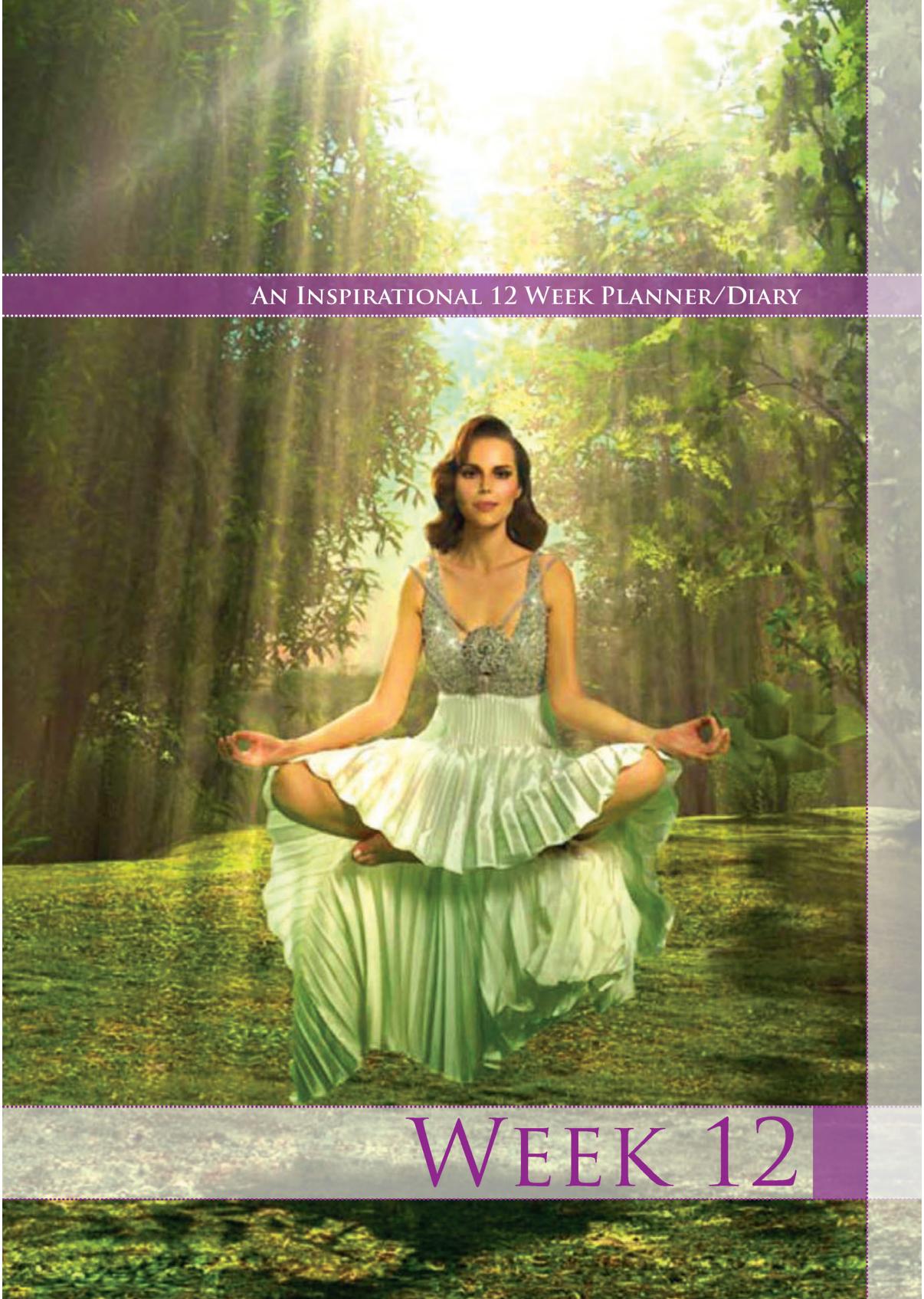
Exercise: .....

Hours of sleep last night: ..... hours

WEEK 11



*«It is enough that I am of value to somebody today.»*  
**Hugh Prather**

A woman with dark hair tied back, wearing a light green, ruffled, sleeveless dress, is sitting cross-legged in a meditative pose on a large, mossy tree stump in a dense green forest. Sunlight filters through the leaves above, creating bright rays of light. She has her hands resting on her knees in a mudra. The background is filled with tall trees and lush foliage.

AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

WEEK 12

## WEEK 12

Thoughts/Feelings: .....

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Exercise/Physical Activity I Have Planned For This Week: .....

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Fun Stuff I Have Planned For This Week: .....

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Challenges I Faced Last Week: .....

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Ideas I Have To Overcome These Challenges: .....

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Progress/Steps I Made Last Week: .....

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This week's successes: .....

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Weight:

Waist Measurement:                    cm/inches

Average Energy Levels:                /10

Main Mood:                              /10

Average Hunger Levels:                /10

Any Significant Cravings Last Week: .....

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

«It's never too late to be what you might have been.  
George Elliot

Date: ..... MONDAY

Positive steps taken today:

Thoughts/Feelings:

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 12

*"Our truest life is when we are in dreams awake."*  
**Henry David Thoreau**

Date: **TUESDAY**

Positive steps taken today:

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Thoughts/Feelings:

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Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"Cherish your visions and your dreams, as they are the children of your soul; the blueprints of your ultimate achievements."*

*Anonymous*

Date: ..... **WEDNESDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 12

*"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."*

*Judy Garland*

Date: **THURSDAY**

Positive steps taken today:

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Thoughts/Feelings:

---

---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"One life – a little gleam of time between two eternities."*  
*Thomas Carlyle*

Date: ..... **FRIDAY**

Positive steps taken today: .....

Thoughts/Feelings: .....

Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## WEEK 12

*"You gotta dance like nobody's watching, dream like you will live forever, live like you're going to die tomorrow and love like it's never going to hurt."*

*Meme Grifsters*

Date: **SATURDAY**

Positive steps taken today:

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---

Thoughts/Feelings:

---

---

Temperature: \_\_\_\_\_ /Time of day \_\_\_\_\_ /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: \_\_\_\_\_ /10 Mood: \_\_\_\_\_ /10

Food & Drink Consumed:

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Other food/drink \_\_\_\_\_

Cravings: \_\_\_\_\_ /10

My Cravings: \_\_\_\_\_

Hunger: \_\_\_\_\_ /10

Exercise: \_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_ hours

## AN INSPIRATIONAL 12 WEEK PLANNER/DIARY

*"If you only do what you know you can do- you never do very much."*  
**Tom Krause**

Date: ..... **SUNDAY**

Positive steps taken today:

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Thoughts/Feelings:

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---

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Temperature: ..... /Time of day ..... /Conditions affecting temperature

Mucous:  None  Clear  Sticky

Mucous Amount:  Small  Moderate  Significant

Symptoms:  Pain  PMT  Sexual desire  Bleeding

Energy: ..... /10 Mood: ..... /10

Food & Drink Consumed:

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....

Other food/drink .....

Cravings: ..... /10

My Cravings: .....

Hunger: ..... /10

Exercise: .....

Hours of sleep last night: ..... hours

## INSTRUCTIONS FOR RECORDING YOUR TEMPERATURE AND CERVICAL MUCUS

### Temperature:

- Your temperature readings confirm whether you have ovulated.
- This is most accurately taken with a proper fertility thermometer from a pharmacy.
- Your temperature is taken under your tongue first thing in the morning, before getting out of bed. On your chart place a dot in the box which corresponds to your temperature and day of cycle. Day 1 is the first day of your period.
- Your temperature needs to be taken at the same time each morning, because generally, temperatures rise gradually throughout the day until about 2.00 p.m. For each hour later than the usual time the temperature is recorded one temperature row below. For each hour earlier the temperature is recorded one row above. e.g. If you normally take your temperature at 6.00a.m., though you sleep in until 8.30 a.m. and your temperature is 36.7 degrees, you should record your temperature at 36.45 degrees. (Make a “slept-in” note in the “Conditions Affecting Temperature” box).
- Conditions affecting your temperature may include things like a late night, fever, a cold, broken sleep or alcohol. These may cause abnormally high or low temperatures, resulting in inaccurate chart interpretation if not noted down.

### Mucus:

- The nature of your cervical mucus tells you when you are approaching ovulation.
- Check your mucus every time you go to the toilet, before urination, although you only need record your most fertile reading of the day. Record the external sensation, the amount and the texture on your chart before going to bed at night. e.g. mucus may be dry, creamy with a small amount in the morning, but by evening it may be moist, creamy and increased in amount. Record the latter interpretation only.
- Between the thumb and forefinger collect the mucus from the vaginal opening.
- External sensation – Use one of the 3 following to describe the external sensation: dry, moist/damp, or wet. The wetter the sensation, the more fertile you are.
- Amount – this will increase as you get closer to ovulation. It is best recorded in a bar graph form which is easily read.
- Texture – this can vary from none or pasty in the non-fertile phases, to creamy or milky in the stages around ovulation, to clear, stretchy or like raw egg white at ovulation. Each woman is different and mucus can vary from cycle to cycle.

### Other:

The other rows on your chart will help both yourself and your practitioner understand what else is happening with your cycle. Give the pain and emotions a rating out of 10. Tick “intercourse” and “sexual desire”, which usually increases around ovulation, and can help with timing of conception. When appropriate, mark in the “bleeding” row bleeding with a B and spotting with a S.

You may find this a little overwhelming at first; however, after about 3 cycles you will start to see an obvious pattern and be much more aware of your fertility. Your practitioner can help you to interpret your cycle to enhance conception attempts.

**NOTE:** Remember to photocopy enough charts for a few cycles before beginning.

## OVULATION & TEMPERATURE CHART

Date																		
Day (cycle)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Day (week)																		
Temperature	37.3																	
	37.2																	
	37.1																	
	37.0																	
	36.9																	
	36.8																	
	36.7																	
	36.6																	
	36.5																	
	36.4																	
	36.3																	
	36.2																	
	36.1																	
	36.0																	
Conditions Affecting Temperature																		
Mucus Changes	Texture																	
	Amount																	
	External Sensation																	
Pain (period or mid-cycle)																		
Emotional State/PMT																		
Sexual Desire																		
Intercourse																		
Bleeding																		



## OVULATION & TEMPERATURE CHART

Date																			
Day (cycle)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Day (week)																			
Temperature	37.3																		
	37.2																		
	37.1																		
	37.0																		
	36.9																		
	36.8																		
	36.7																		
	36.6																		
	36.5																		
	36.4																		
	36.3																		
	36.2																		
	36.1																		
	36.0																		
Conditions Affecting Temperature																			
Mucus Changes	Texture																		
	Amount																		
	External Sensation																		
Pain (period or mid-cycle)																			
Emotional State/PMT																			
Sexual Desire																			
Intercourse																			
Bleeding																			





*"Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul."*  
**Democritus**