

# DAILY PLAN

Date \_\_\_\_\_

Breakfast

This plan will  
keep me satiated

Lunch

I didn't plan this  
with diet rules

Dinner

I love the food  
on this plan

Snacks

I am excited to  
follow this plan

What can I tell myself when I have the desire to eat off plan/overeat?

What obstacles might make following my plan difficult today and how can I prepare?

# DAILY EVALUATION

Did I follow my plan? Why or why not?

How can I make this process easier?