

Lighten Up **4** Life

DAILY JOURNAL



## Daily Record

\_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Time	Food or Beverage	Serving Size	Calories	Hunger

Serving Size: 1/2 cup, 1 Tbsp, etc.  
 Calories: 1500 women, 1800 men per day  
 Hunger: Scale of 1 to 5 (least to most)

Today's Totals \_\_\_\_\_  
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## Nutritional Counseling & Information Sources

[www.lightenup4life.com](http://www.lightenup4life.com)

Mission Hospitals Weight Management Program  
[www.missionweight.org](http://www.missionweight.org)

[www.thedailyplate.com](http://www.thedailyplate.com)

[www.fitday.com](http://www.fitday.com)

[www.sparkpeople.com](http://www.sparkpeople.com)

[www.dietfacts.com/fastfood.asp](http://www.dietfacts.com/fastfood.asp)

## Exercise Challenge

If you would like to compete in the Asheville Citizen-Times Exercise Challenge, you must record the minutes you exercise each day in this journal. Total them at the end of the challenge and submit this page\* to your coordinator. **All journals must be submitted no later than June 4, 2008 with final weigh-in counts.**

For more information on the Asheville Citizen-Times Exercise Challenge, email Maureen Scullin at [msscullin@marketimpactadv.com](mailto:msscullin@marketimpactadv.com) or call 828-681-5534.

For additional copies of this journal, go to [www.lightenup4life.com](http://www.lightenup4life.com). Click on "Exercise" and print more or email Maureen Scullin at [msscullin@marketimpactadv.com](mailto:msscullin@marketimpactadv.com)

\*Total Exercise Minutes For This Journal \_\_\_\_\_



























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