

# worksheet

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DAILY WEIGHT LOSS JOURNAL

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**Why do I want to lose weight?**

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**What are my weight loss goals?**

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**How will my life change after weight loss?**

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**How is the excess weight affecting my life now?**

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**Do you think fitness, weight loss, and good health are interlinked?**

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**What can I do to help lose weight today?**

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**How is the excess weight affecting my life now?**

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**Which unhealthy habit can I give up/bring down today?**

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**Which healthy habits can I improve today?**

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**What can I do more to aid weight loss?**

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**How can I get myself moving more today?**

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**Are my exercise habits good enough?**

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**What am I planning to eat today?**

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**Am I eating healthy enough?**

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**How far have I progressed in my weight loss journey?**

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**How am I planning to lose weight?**

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**Has my plan worked until now?**

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**What can I do to make my weight loss plan successful?**

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**What can I give up to lose weight?**

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**What should I continue doing to lose weight?**

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**Where am I struggling with my weight loss plan?**

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**Do I have a healthy relationship with food?**

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**What can I do to improve my relationship with food?**

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**What kind of relationship do I want to have with food?**

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**Am I happy with the progress so far?**

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**Am I able to relate to the new me?**

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**If I can lose weight as much as I want to with ease, how much would I want to lose?**

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**How can I implement some of my past successes in my weight loss plan?**

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**Do I consider weight loss liberating?**

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**Can weight loss change the real me?**

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**What do I think about my ability to lose weight?**

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**Do I have any mental blocks about losing weight?**

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**How do I want to feel about my eating habits?**

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**Why do you think you will succeed in weight loss?**

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**What is your view on the ideal body weight?**

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**What do you think you can achieve with ideal body weight?**

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**What are your favorite activities to aid weight loss?**

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**Would you engage in these activities if you don't have to lose weight?**

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**Do you believe that weight loss affirmations can help?**

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**What are your favorite foods if you can eat whatever you want?**

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**How many of these foods fit in your weight loss strategy?**

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**Do you enjoy the healthier versions of these forbidden foods?**

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**List the healthy foods that you enjoy the most. Why?**

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**Did you face any health complications as a result of your excess weight?**

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**Did you feel ashamed of your weight? How did you deal with it?**

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**Are you losing weight to be able to love yourself again?**

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**What role did the environment play in your developing unhealthy habits?**

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**Is your current environment favorable to losing weight?**

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