



Nightly Checklist

Date:	1 ONE DAY AT A TIME	MON	TUE	WED	THU	FRI	SAT	SUN
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I committed my food for the day.								
I read something inspirational this morning. (<i>ON THIS BRIGHT DAY</i>)								
I ate exactly what I committed for each of my meals.								
I reached out to a support buddy.								
I reminded myself to trust that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.								
I wrote down what I will be eating tomorrow in my food journal.								
I wrote in my gratitude journal.								
I am getting to bed in time to get 7-8 hours of sleep.								
On a scale from 1-5 (with 5 being high), my food cravings today were a:								
I was Devoted to my plan today!								

Notes: