SHAKE it
PRACTITIONER WEIGHT MANAGEMENT PROGRAM

Shake It 7 Day Health Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (include portion sizes with all meals)							
Lunch							
Dinner							
Exercise							
Water							
Sleep (Quality and quantity)							
Stress (Rate out of 10 and list stressors)							
Reflection (What did I do well today? What could I improve tomorrow?)							
Weight (Select 2 days)							
In ketosis?	Y ◯ N ◯	Y ◯ N ◯	Y ◯ N ◯	Y ◯ N ◯	Y ◯ N ◯	Y ◯ N ◯	Y ◯ N ◯