

THRIVING ON PALEO

90 DAY JOURNAL





WEEK 1

Main goals for the next 90 days:

Symptoms I'm currently experiencing:

Goals for the coming week:

Day 1

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 2

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Strive for progress, not perfection"

Day 3

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 4

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 5

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"A goal is a dream with a deadline."

Day 6

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 7

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Take care of your body. It's the only place you have to live"- Jim Rohn



WEEK 2

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 8

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 9

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 10

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 11

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 12

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 13

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 14

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 3

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 15

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 16

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 17

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Don't wish for it, work for it"

Day 18

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Life is better when you are laughing."

Day 19

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"The earlier you start working on something, the earlier you will see results."

Day 20

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Always find time for the things that make you happy to be alive"

Day 21

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 4

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 22

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 23

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"We are like a snowflake - all different in our own beautiful way"

Day 24

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 25

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Today 95% of chronic disease is caused by food choice, toxic ingredients, nutritional deficiencies and lack of physical exercise!"

Day 26

Week 4

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Be the woman (or man) who decided to go for it"

Day 27

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"A man's health can be judged by which he takes two at a time - pills or the stairs"

-Joan Welsh

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 5

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 29

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 30

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

30 Day Check-in

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone?

Any new symptoms? *(This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)*

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 day weight below.

Starting Weight _____

Day 30 Weight _____



Day 31

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Talk is cheap but actions are priceless."

Day 32

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 33

Date

Weight

Week 5

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 34

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"When you feel like quitting, think about why you started."

Day 35

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 6

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 36

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 37

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"I'm going to make you so proud" - note to self

Day 38

Week 6

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"If you heal the gut, you heal the body"

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 40

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Don't be afraid of being a beginner."

Day 41

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 42

Date

Weight

Week 6

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Nobody is too busy. It's just a matter of priorities."



WEEK 7

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 43

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 44

Date

Weight

Week 7

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 45

Week 7

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You may not be there yet, but you are closer than yesterday."

Halfway Through!



Give yourself a giant pat on the back. You've made it 45 days through the 90-day challenge and you deserve to do something nice for yourself! Check out the ideas below for something to do to celebrate:

- Have a dance party
- Go shopping
- Get a mani/pedi
- Go fishing
- Get a massage
- Go for a walk
- Read a book
- Book a trip
- Buy yourself flowers
- Take a nap
- Go to a movie
- Do a craft
- Volunteer
- Share your accomplishments with friends and family
- Go out with friends
- Play golf
- Light some sparklers

Day 46

Date

Weight

Week 7

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Do it now. Sometimes 'Later' becomes 'Never'"

Day 47

Week 7

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Nothing is going to happen in your comfort zone"

Day 48

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 49

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 8

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 51

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Progress: You might not be where you want to be, but you are not where you used to be"

Day 52

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 54

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 55

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Don't tell me you are going to do it. Show me!"

Day 56

Week 8

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Don't expect to see a change if you don't make one"



WEEK 9

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 57

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Wake up with determination, go to bed with satisfaction"

Day 58

Date

Weight

Week 9

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Fall in love with the process and the results will come"

Day 59

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Small changes eventually add up to huge results"

Day 60

Date

Weight

Week 9

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

60 Day Check-in

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone? What about from Day 30?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 and 60 day weights below.

Starting Weight _____

Day 30 Weight _____

Day 60 Weight _____



Day 61

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 62

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Be proud of every step you take towards your goal"

Day 63

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 10

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 64

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Slow progress is better than no progress"

Day 65

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 66

Week 10

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 67

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Excuses will always be there for you, opportunity won't"

Day 68

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 69

Week 10

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 70

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"



WEEK 11

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 71

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 73

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 74

Week 11

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 75

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 76

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 77

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 12

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 78

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are what you eat. So don't be fast cheap, easy or fake"

Day 79

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Nothing looks as good as healthy feels"

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 81

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"3 months from now you will thank yourself"

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 83

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Eat less sugar (you are sweet enough already!)"

Day 84

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



WEEK 13

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 85

Week 13

Date

Weight

Meals: _____

Snacks: _____

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS: _____

Movement: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Everything that you are is enough"

Day 86

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 87

Date

Weight

Week 13

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 88

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 89

Date

Weight

Week 13

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 90

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

90 Day Check-in

How did it go? Did you achieve your goals for these 3 months? Are you going to keep at it?

Look back at your symptoms from Week 1. Do you still them? If not, which ones are gone? What about from Day 30? And Day 60?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30, 60, and 90 day weights below.

Starting Weight _____

Day 30 Weight _____

Day 60 Weight _____

Day 90 Weight _____



HOORAAAAY!

You should be SO proud of yourself for making it through these 90 days! I know I am proud of you!! Whether you did this to stick to strict Paleo, to learn more about your eating habits, to lose weight, to lessen inflammation in your body, or to curtail certain symptoms, you have taken 90 important steps in your journey. Each day may have not seemed significant, but each day was a step towards lasting health. And health is the best wealth we have! Even if you had a few days of going in the wrong direction, they most likely taught you quite a bit about yourself and in a way then still pointed you in the right direction. This is by no means the end of your journey. You can print this out and start over again, or just keep the healthy habits you've learned and incorporate them in your everyday life. Either way, I am here to support you!

xo,
Michele

