

## ***YOUR GUIDE TO USING THE GetFIT CONNECTIONS™ JOURNAL***

Your ***GetFIT CONNECTIONS™ JOURNAL*** is an important tool in helping you plan and organize your weekly and daily goals. Your goals can relate to your weight management efforts, or they can relate to some other aspect of your life. You will discover that all your goals will indirectly relate to one another.

At the beginning of the week, whether it is Sunday evening or Monday morning, or whenever *you* define your week, set **your weekly goal**. Fill out the **steps** as to *how* you will accomplish this goal. Set your goals small so you can attain them. There is absolutely no gratification in looking at a piece of paper where nothing on your TO DO list is crossed off.

Cut this page in half and begin your journal with your Weekly Goal. Cut the Daily Goal pages in half and assemble. Keep the steps in accomplishing your weekly goal in mind as you set your daily goals. When looking at your Daily Goals, compare the food groups you ate with the recommendations in Your Pyramid Connections Slide Guide™. Keep this in mind as you set your goals for the next day.

### ***WEEKLY JOURNALING AND PLANNING***

**Your Weekly Goal:**

**Steps that will help you in accomplishing this goal:**

*Daily Journaling*

*Date* \_\_\_\_\_

Today's Health Goal:

Exercise Day (what will you do and when):

Food Group Count (compare to your MyPyramid Slide Guide™ recommendations)

Positive Thing I Did Today:

*Daily Journaling*

*Date* \_\_\_\_\_

Today's Health Goal:

Exercise Day (what will you do and when):

Food Group Count (compare to your MyPyramid Slide Guide™ recommendations)

Positive Thing I Did Today:

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**Exercise Day (what will you do and when):**

**Food Group Count (compare to your MyPyramid Slide Guide™ recommendations)**

**Positive Thing I Did Today:**