

Empowered

INNER CIRCLE

Webinar Exclusive
BONUS WORKBOOK

DAILY Accountability JOURNAL

DATE: _____

Hours of Sleep Last Night: _____

Exercise:

TYPE:

DURATION:

Vitamins: (CIRCLE) YES OR NO

Food Log:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

Water: (CHECK OFF THROUGHOUT THE DAY)



Bariatric Healthy Habits:

___ I DID NOT DRINK LIQUIDS WITH MY MEALS!

___ I REMEMBERED TO CHEW EACH BITE 30 TIMES!

___ I REMEMBERED TO PAUSE 1-2 MINUTES BETWEEN EACH BITE!

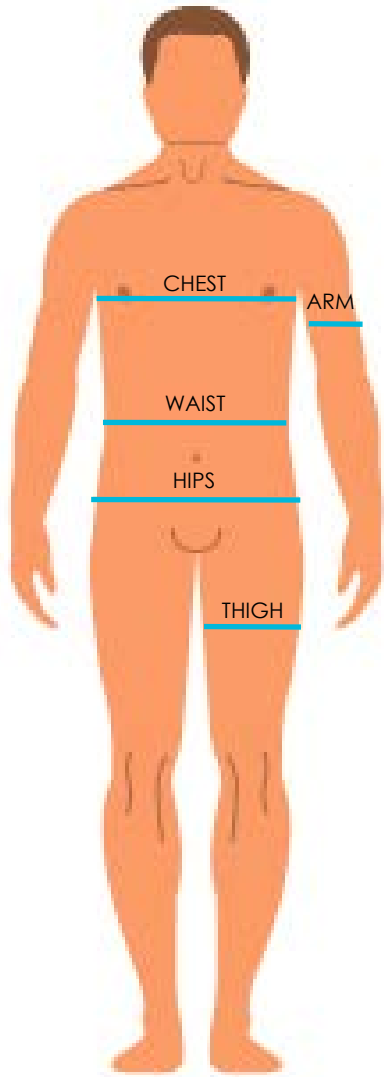
Mindset Journal:

WRITE DOWN THE THOUGHTS THAT SABOTAGE YOU THROUGHOUT THE DAY. IS IT TRUE? CHANCES ARE, IF IT'S CAUSING YOU DISCOMFORT, IT'S A LIE. REWRITE EACH ONE INTO A TRUTH.

WEIGHT & MEASUREMENT TRACKER

FOR WEEKLY OR MONTHLY MEASUREMENTS TO TRACK PROGRESS. PLEASE DO NOT WEIGH AND/OR MEASURE EVERY DAY. YOUR BODY WEIGHT WILL FLUCTUATE AND ONLY FRUSTRATE YOU, AND STOP YOU FROM MAKING PROGRESS. WEIGH ONCE A WEEK AND MEASURE EVERY OTHER WEEK, AT MOST!

copyright cromie media, llc, 2019, all rights reserved <https://barivangelist.com>



DATE	WEIGHT	CHEST	WAIST	HIPS	RIGHT THIGH	RIGHT ARM

Tips for Taking Accurate Measurements:

- Chest:** Women measure at the fullest part with bra on. Men measure at fullest part or at nipple line.
- Hips:** Measure along pubic bone line.
- Thighs:** Measure at the point where your fingertips meet your leg when standing up straight.
- Arms:** WLS Patients tend to have issues measuring the arm in the lifted position due to loose skin. Measure the fullest part when arm is down.