

BeSlim Training: Conscious Diet Habits - *Slim Made Easy*

Finding Your Balance: Exercise Diary

Complete this when you want to gain insight into whether your exercise routine is helping or hindering your weight loss goals.

Lessen your exercise output until you can comfortably stay on your QUAAD level to lose weight

DAY #	Weight						<u>Was I able to stick to my</u>
		<u>Exercise -</u> <u>how feel before</u>	<u>Time</u> <u>Exercised</u>	<u>Type of</u> <u>exercise</u>	<u>Calories</u> <u>Burned</u>	<u>Exercise -</u> <u>how do I feel after</u>	<u>QUAAD level to lose weight</u> <u>today?</u>
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

How does the exercise I'm doing affect my appetite?

Am I able to stay on my QUAAD level after exercising?

What level of exercise is most comfortable for me while I'm on my QUAAD Level to lose weight?

