

THE   
**Mediterranean**  
**DIET**

**30** **DAY**

**WEIGHT**

**LOSS**

**JOURNAL**

# Welcome

The following is a weight loss journal you can print off and use to help guide you through your journey while undertaking **The Mediterranean Diet**.

We encourage you to use it to help keep you on track, and to record your progress and achievements. You don't have to fill out every page, only those that are applicable to you that will help keep you on track.

Many of our users have found it to be incredibly helpful to record their weight over the course of the diet, and to plan their meals ahead. Hopefully, it will help you too.

Once again, we want to congratulate you on taking the first step towards a new you. You'll be thanking yourself in 30 days and we can't wait to see your transformation.

*Good luck, you've got this!*

**THE TEAM AT  
THE MEDITERRANEAN DIET**

I CAN.

I WILL.

WATCH ME!

# WATER CHALLENGE

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



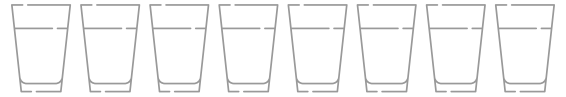
DAY 14



DAY 15



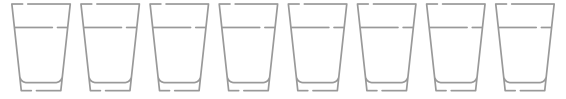
DAY 16



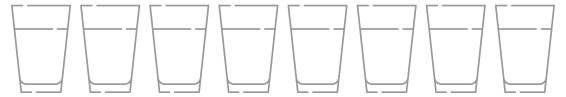
DAY 17



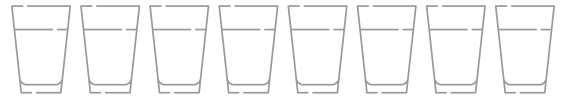
DAY 18



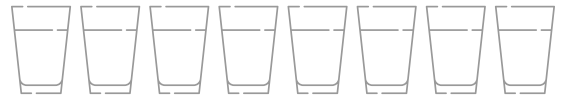
DAY 19



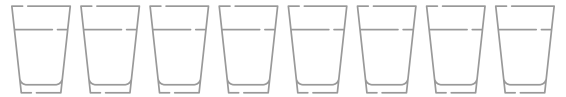
DAY 20



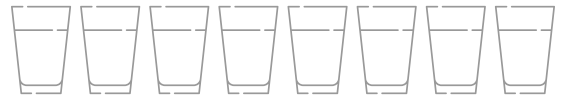
DAY 21



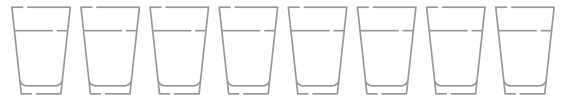
DAY 22



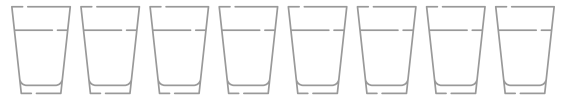
DAY 23



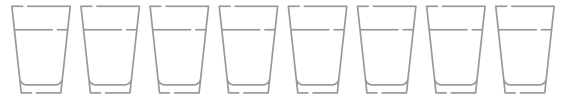
DAY 24



DAY 25



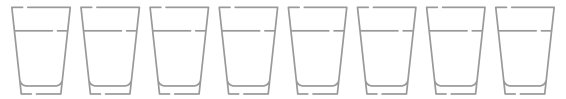
DAY 26



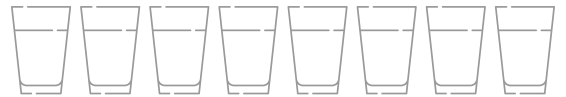
DAY 27



DAY 28



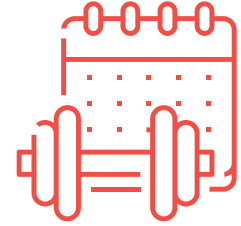
DAY 29



DAY 30



# WORKOUT TRACKER



## KEY:



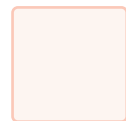
CARDIO



STRENGTH TRAINING



YOGA



REST DAY

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

# HABIT TRACKER

## NO SUGAR



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

## HYDRATE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30



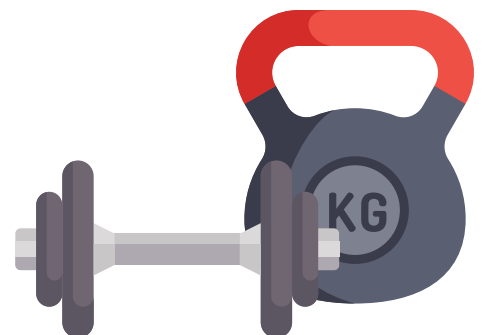
## 5 FRUITS OR VEGGIES

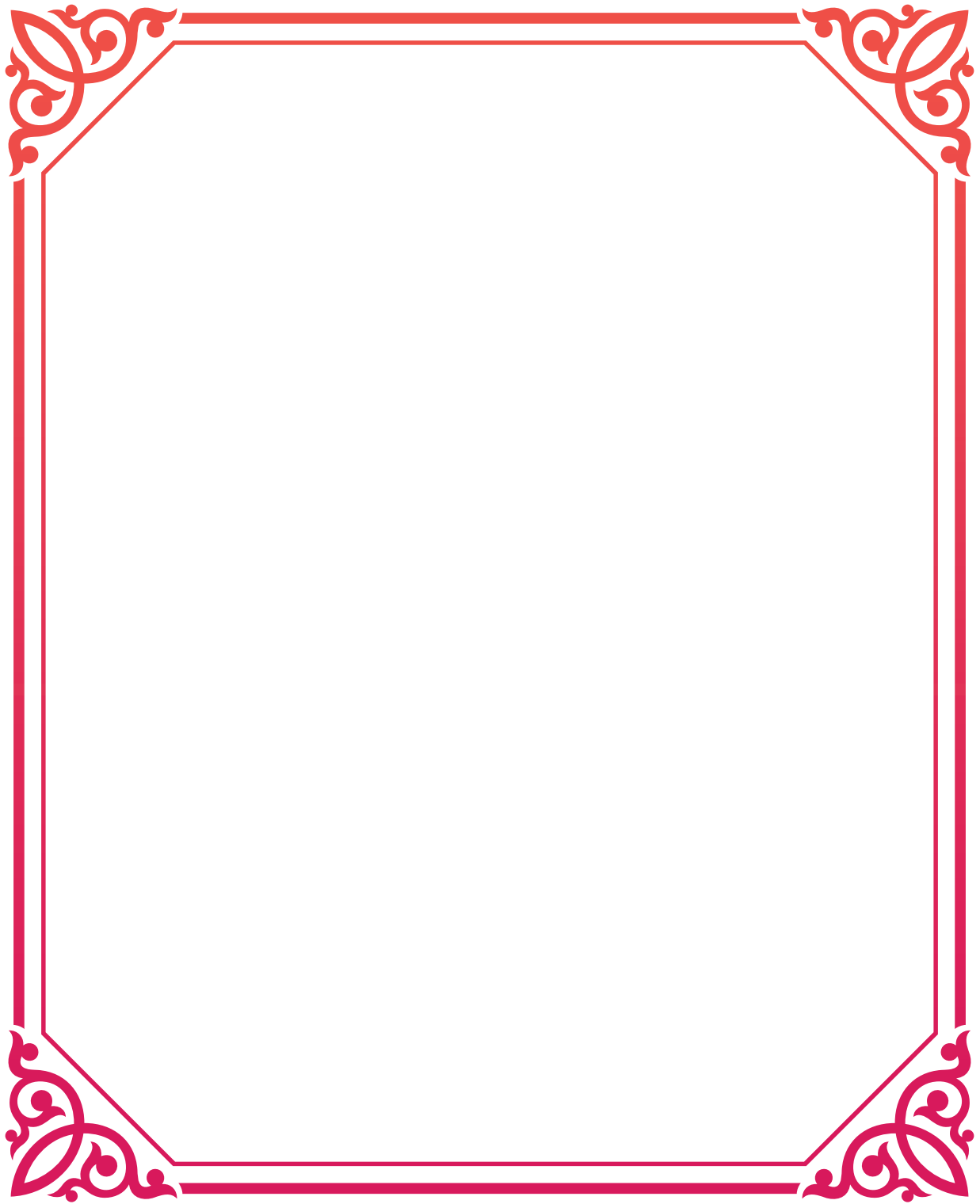


1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

## WORKOUT

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30





A PICTURE THAT  
**MOTIVATES ME**



**DO SOMETHING**  
**TODAY**  
**THAT YOUR**  
**FUTURE**  
**SELF WILL**  
**THANK YOU**  
**FOR**



# REASONS I WANT TO LOSE WEIGHT

**REASON 1**

**REASON 2**

**REASON 3**

**REASON 4**

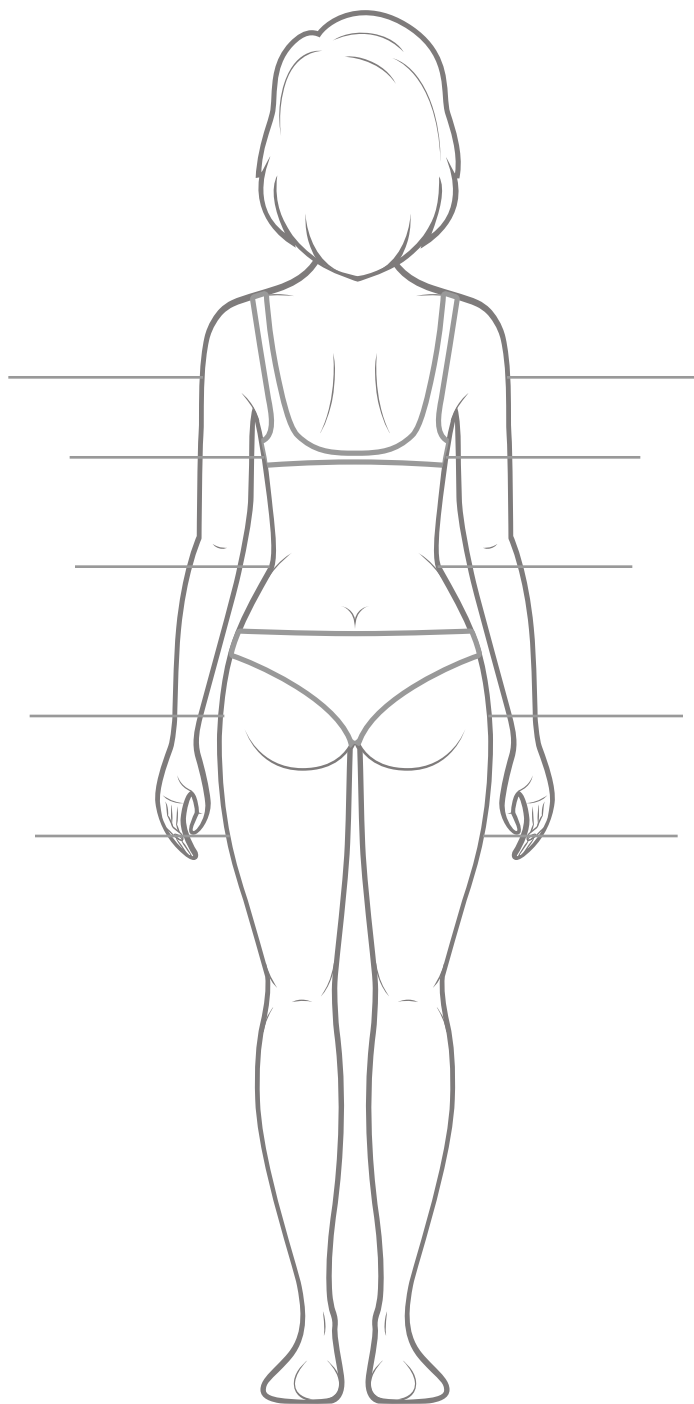
**IGNORE**  
**DON'T**  
**YOUR OWN**  
**POTENTIAL**

# MEASUREMENTS

## TRACKER

**BEFORE**

**AFTER**

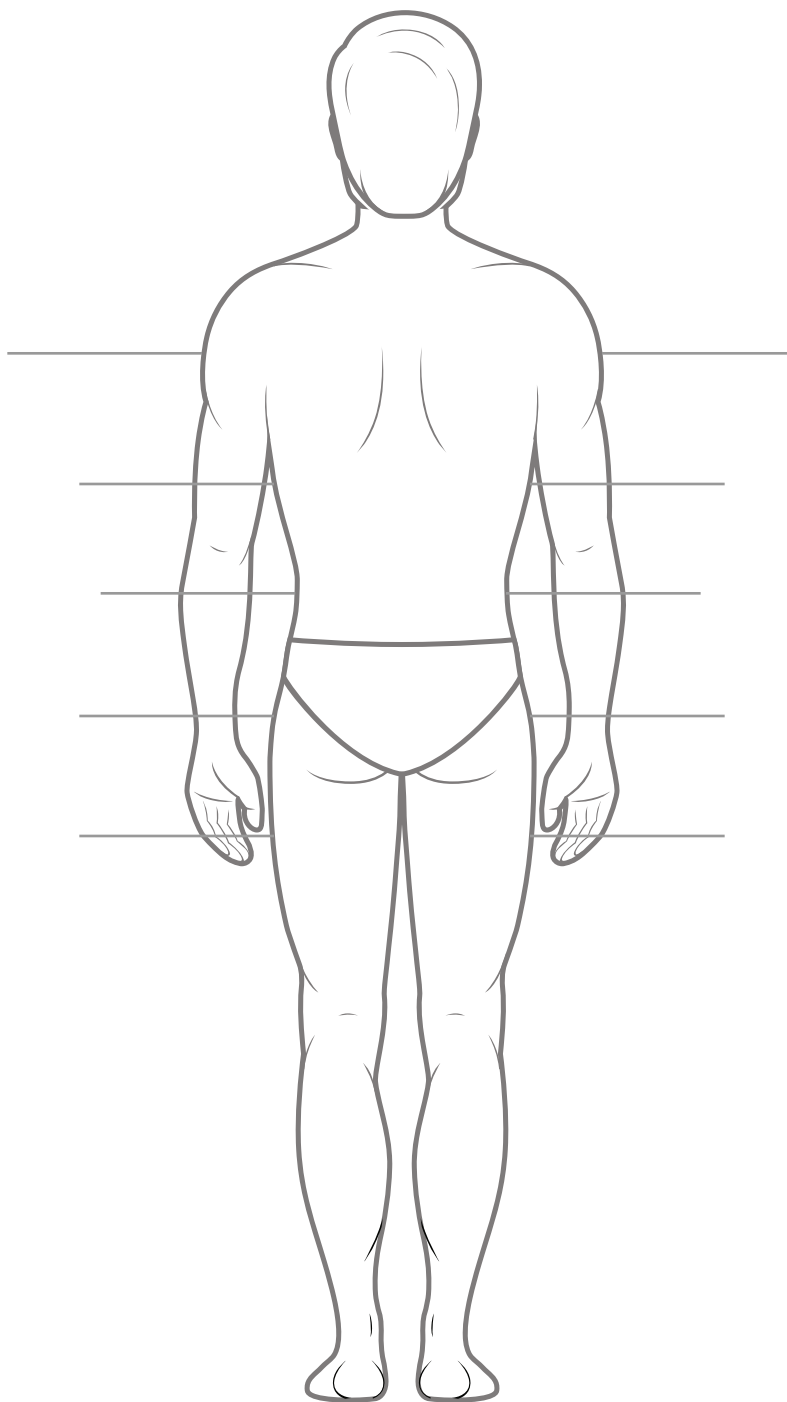


# MEASUREMENTS

## TRACKER

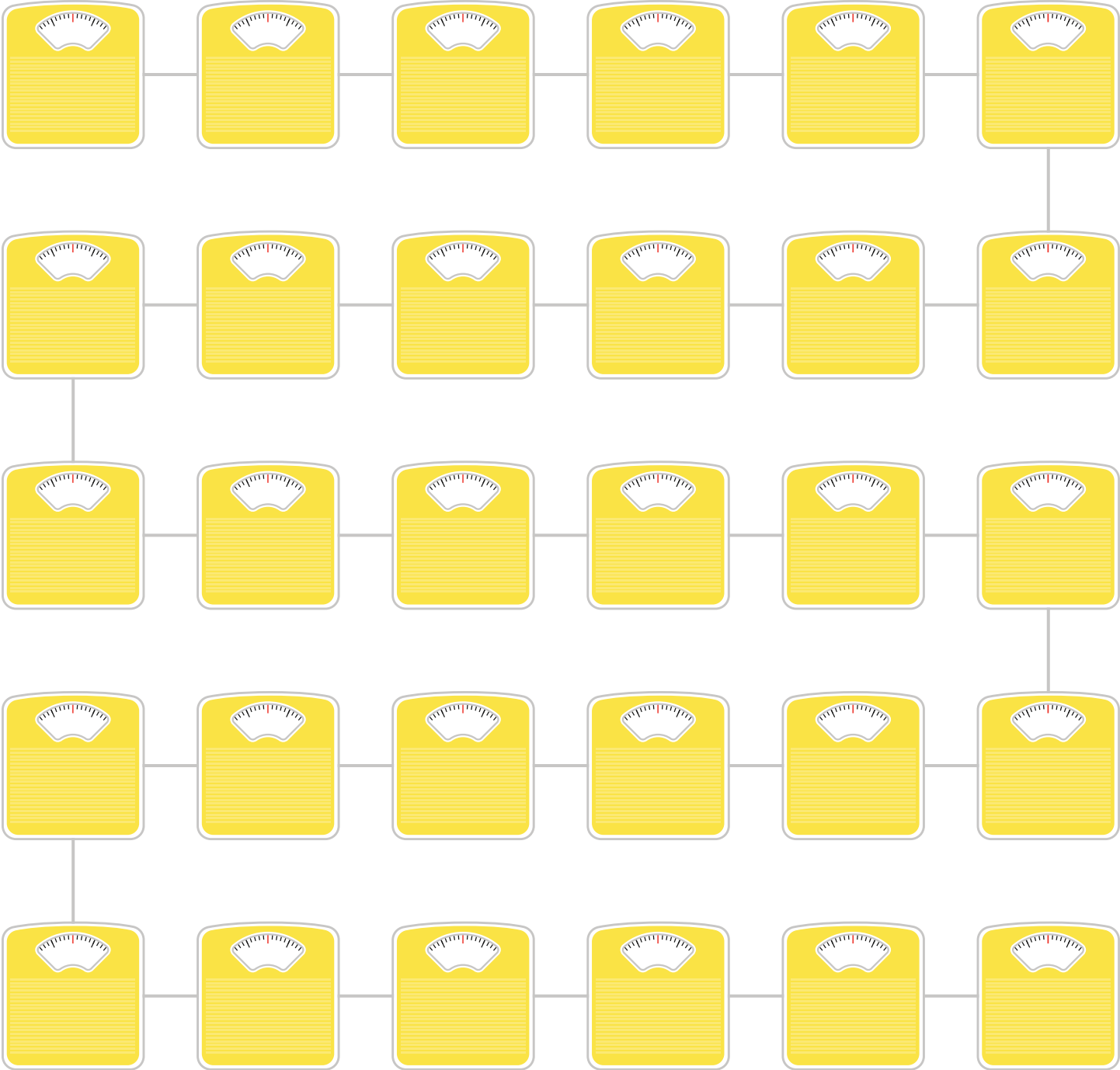
**BEFORE**

**AFTER**



# WEIGHT LOSS

## TRACKER



# WEIGHT LOSS TRACKER

**POUNDS TO LOSE**

**POUNDS LOST**



— A NEGATIVE —

**MIND**

WILL NEVER GIVE YOU A

**POSITIVE**

**LIFE**

---





DON'T  
**STOP**  
UNTIL  
YOU'RE  
**PROUD**



THINGS I

Love

ABOUT

myself



**STAY  
DETERMINED**





AT FIRST THEY'LL ASK

**WHY YOU'RE  
DOING IT,**

LATER THEY'LL ASK

**HOW YOU  
DID IT.**

# MENU PLAN



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**BREAKFAST**

M

---

T

---

W

---

T

---

F

---

S

---

S

**LUNCH**

M

---

T

---

W

---

T

---

F

---

S

---

S

**DINNER**

M

---

T

---

W

---

T

---

F

---

S

---

S

**SNACKS**

M

---

T

---

W

---

T

---

F

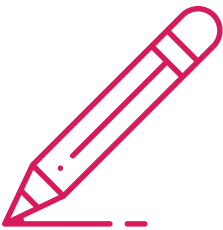
---

S

---

S

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_



A series of horizontal grey lines spanning the width of the page, providing a template for writing.





**GREAT  
THINGS**

**NEVER CAME FROM**

**COMFORT  
ZONES**



**WEEK**

**2**

“

**DISCIPLINE**  
is choosing  
between  
what you  
want now  
and what  
you want  
most.

~Abraham Lincoln

# MENU PLAN



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**BREAKFAST**

M

---

T

---

W

---

T

---

F

---

S

---

S

**LUNCH**

M

---

T

---

W

---

T

---

F

---

S

---

S

**DINNER**

M

---

T

---

W

---

T

---

F

---

S

---

S

**SNACKS**

M

---

T

---

W

---

T

---

F

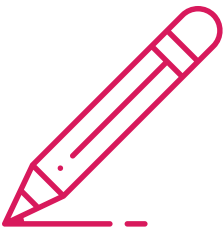
---

S

---

S

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_



A series of horizontal lines for writing, consisting of 20 evenly spaced lines.

**KEEP**

**GOING,**

**BECAUSE YOU DID'NT COME  
THIS FAR TO ONLY**

**COME**

**THIS FAR.**

**WEEK**  
**3**







»»»»» YOU ONLY «««««

**FAIL**

— WHEN YOU —

**STOP**

**TRYING**



# MENU PLAN



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**BREAKFAST**

M

---

T

---

W

---

T

---

F

---

S

---

S

**LUNCH**

M

---

T

---

W

---

T

---

F

---

S

---

S

**DINNER**

M

---

T

---

W

---

T

---

F

---

S

---

S

**SNACKS**

M

---

T

---

W

---

T

---

F

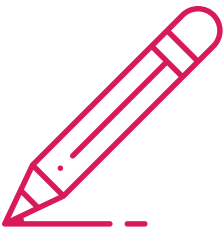
---

S

---

S

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_



A series of horizontal lines for writing, consisting of 20 evenly spaced lines.

“

**Do what  
you have  
to do until  
you can do  
what you  
want to do.**

~Oprah Winfrey

**WEEK**  
**4**

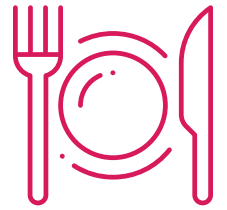




**BE**  
**STRONGER**  
**THAN YOUR**  
**EXCUSES**



# MENU PLAN



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**





**BREAKFAST**

M

---

T

---

W

---

T

---

F

---

S

---

S

**LUNCH**

M

---

T

---

W

---

T

---

F

---

S

---

S

**DINNER**

M

---

T

---

W

---

T

---

F

---

S

---

S

**SNACKS**

M

---

T

---

W

---

T

---

F

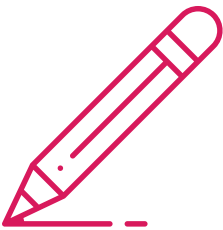
---

S

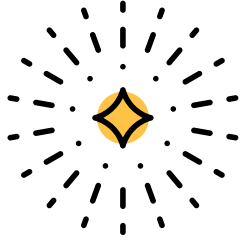
---

S

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_



A series of horizontal lines for writing, consisting of 20 evenly spaced lines that span the width of the page.



**MASSIVE**

**CONGRATS**

**YOU**



**DID IT!**

