

Worksheet No.7

LIFESTYLE DIARY SHEET

<i>DAY OF WEEK</i>							
<i>EATING HABITS</i> <i>Eating Breakfast</i> <i>Nothing between meals</i> <i>Change in amount of High-Calorie foods</i> <i>Other (specify)</i>							
<i>EXERCISE</i> <i>Type of (list)</i> <i>How often</i> <i>How long</i>							
<i>CHEMICAL CRUTCHES</i> <i>Type</i> <i>How often?</i>							
<i>OTHER CHANGES</i> <i>Specify</i>							

GUILT: REAL VERSUS BORROWED

<i>GUILTY ABOUT?</i>	<i>RATIONAL?</i> <i>(confess & seek forgiveness)</i>	<i>REAL</i>	<i>BORROWED?</i> <i>(Continue Accepting, or Take Steps to change?)</i>