## **MONTHLY** PLAN

Date	/
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Weightloss Goal: Lose/Maintain	lbs
My monthly goal is important to me because	
One food habit I will focus on this month is hunger, stopping at enough)	(No snacking between meals, waiting for
This is what I will tell myself when my excuse	es come up
What are some diet thoughts/behaviors that	I am ready to release this month?

MONTHLY PLAN VIBE CLUB PLANNER