

Diet's Don't Work®

Check List: Use this check list at night so you can compare it with your calendar to see what is working for you. Cross out the ones that do not apply to you and add other items that you think will help you.

	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	31
Morning Prayer																															
Daily Meditation																															
Exercise																															
Support Meeting																															
Phone Calls																															
Sleep at Night																															
Three Meals																															
Healthy Foods																															
Spiritual Reading																															
Have Fun																															
Positive Thinking																															
Time with Others																															
Work																															
Clean Home																															
Hobby																															
Something Nice																															
Night Prayer																															