



YouTransformed

Your 30-Day 3 Pillar Tracker

Track Your Mood, Food and Fitness
Every Day

Instructions

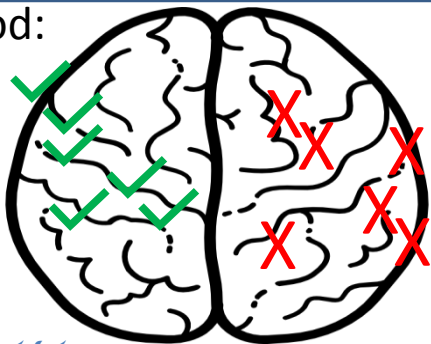
1. Record your mood each day -e.g Anxious, Happy, Angry, Irritable, Content, Relaxed, Excited, Tearful
2. Place a small tick on the “brain” for each positive thought and a small cross for each negative thought.
3. Summarise your eating for the day (use a phone app to track)
4. Summarise Your exercise for the day (use a phone app to track)
5. Make notes of significant thoughts on the back of the page.
6. Replace negative thoughts by creating positive thoughts using the list of words and phrases, or your own. Mark these new positive thoughts on your brain for the day.

Day 1

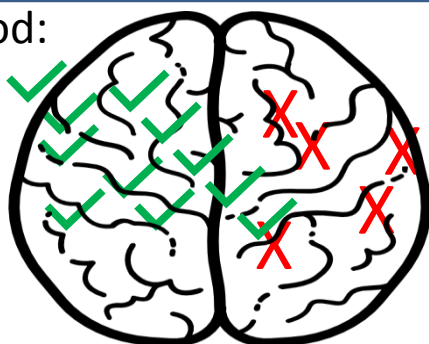
Day 2

Day 3

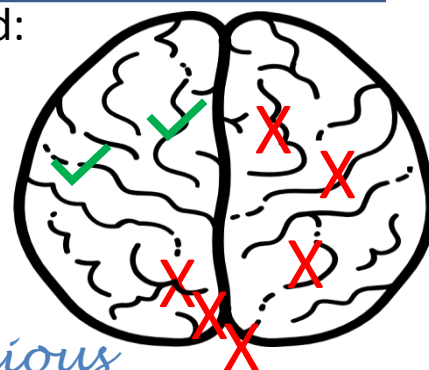
Mood:



Mood:



Mood:



Positive

Happy

Anxious

Example

Food:

*Stayed within calorie limit
7 glasses water*

Food:

*Ate well, lots of protein
4 glasses water*

Food:

*Pizza with friends
2 glasses wine
5 glasses water*

Exercise:

*30 Mins swimming
Took the stairs all day*

Exercise:

None

Exercise:

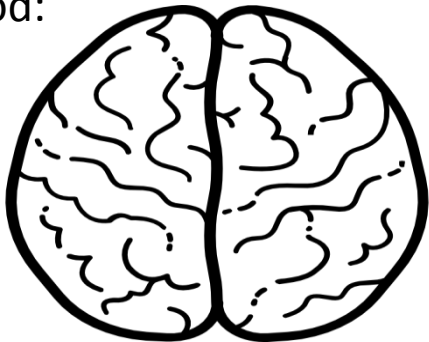
Zumba with Kate

Day 1

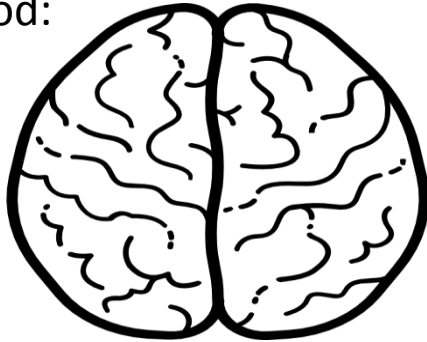
Day2

Day 3

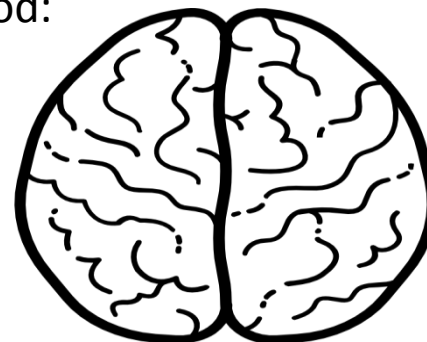
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

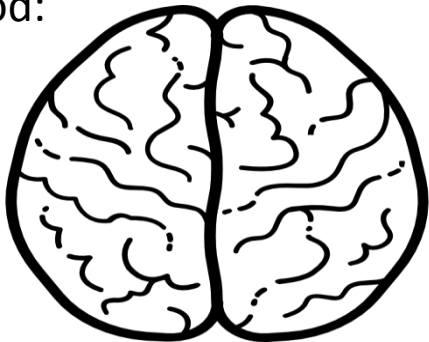
Exercise:

Day 4

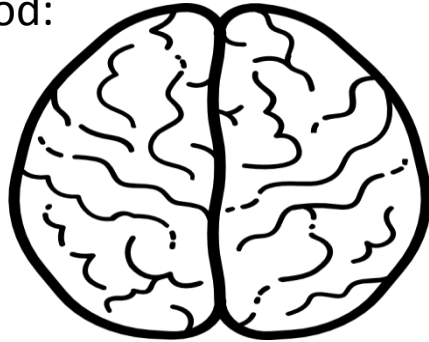
Day 5

Day 6

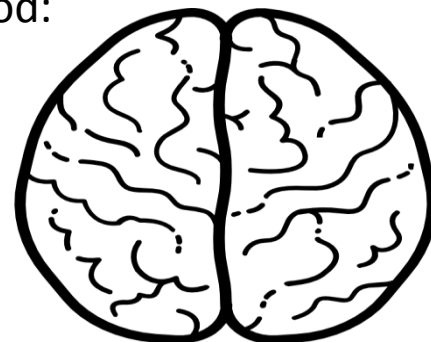
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

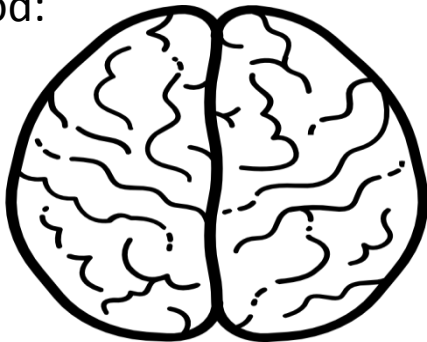
Exercise:

Day 7

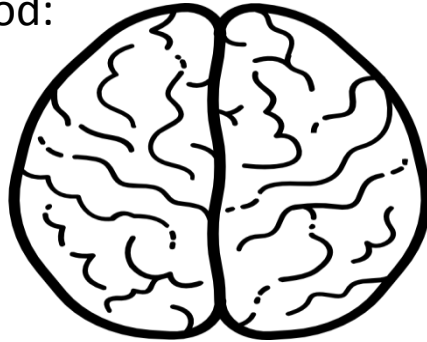
Day 8

Day 9

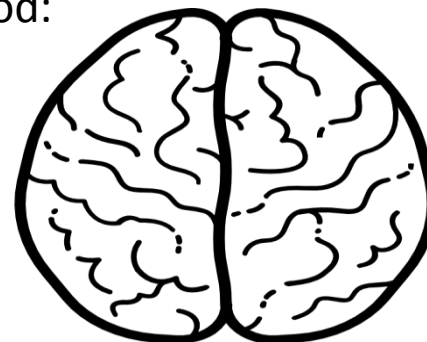
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

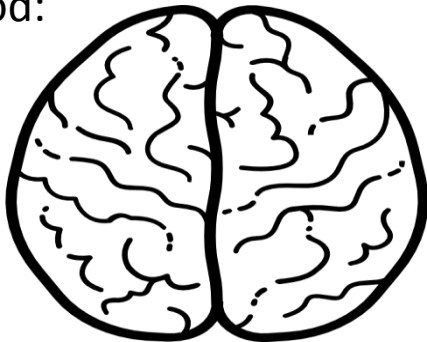
Exercise:

Day 10

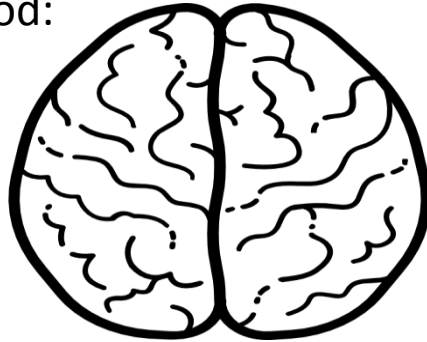
Day 11

Day 12

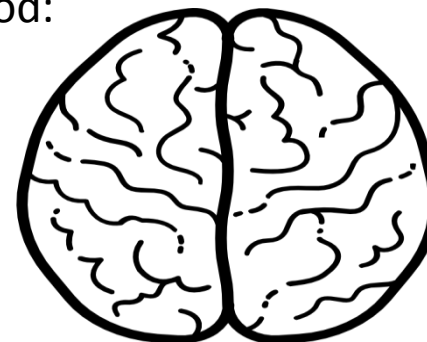
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

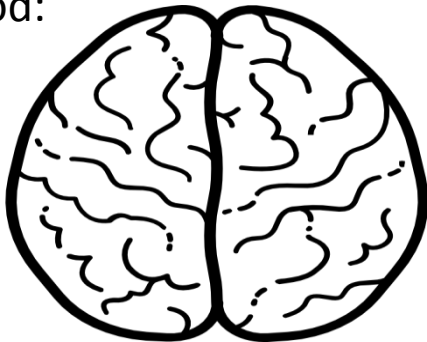
Exercise:

Day 13

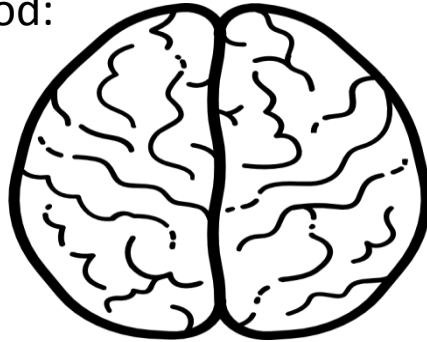
Day 14

Day 15

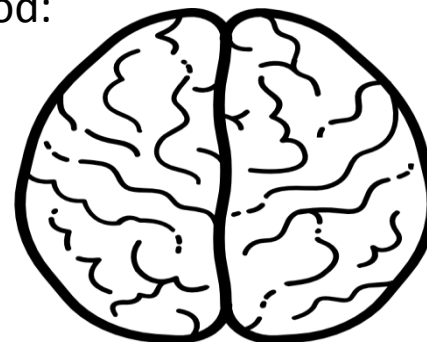
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

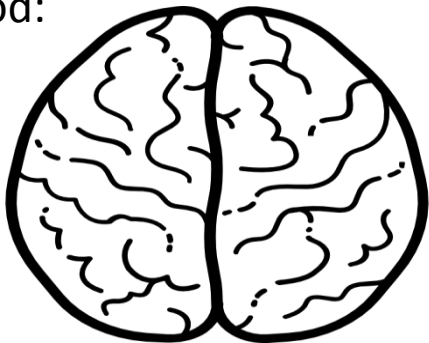
Exercise:

Day 16

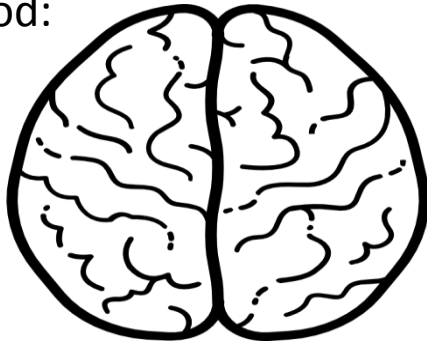
Day 17

Day 18

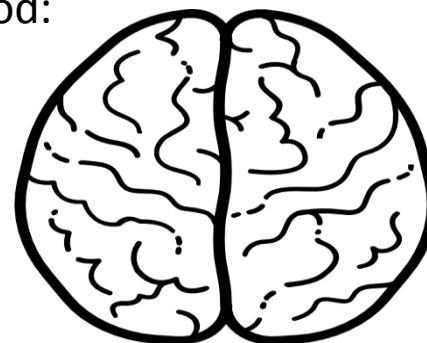
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

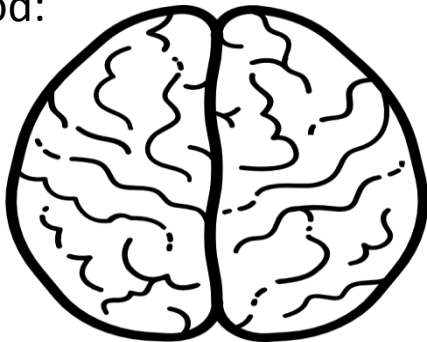
Exercise:

Day 19

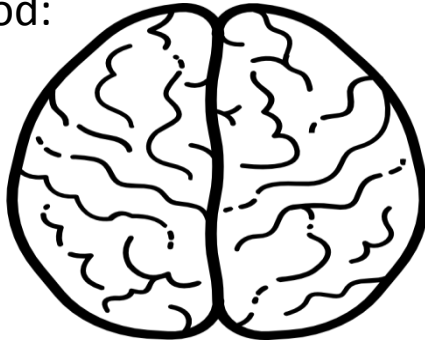
Day 20

Day 21

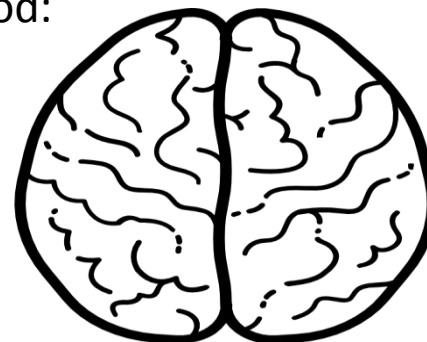
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

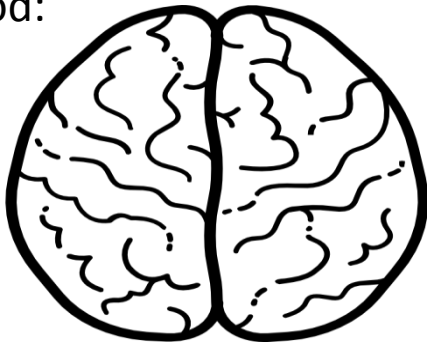
Exercise:

Day 22

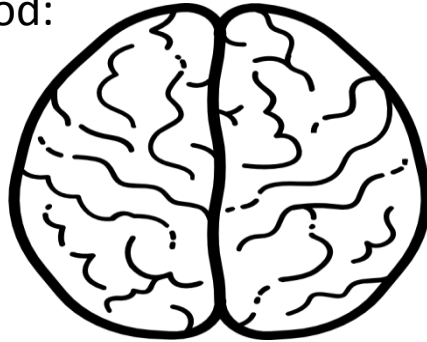
Day 23

Day 24

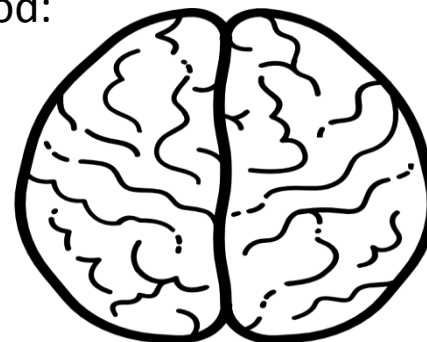
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

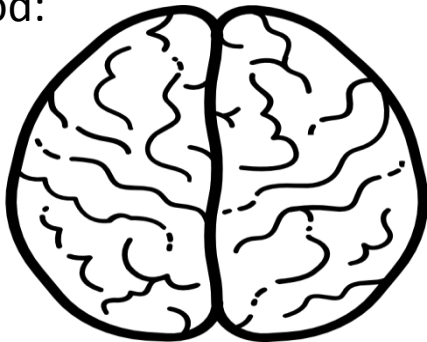
Exercise:

Day 25

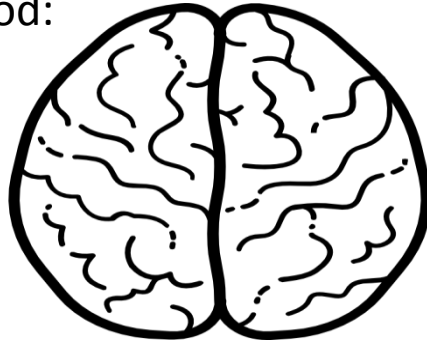
Day 26

Day 27

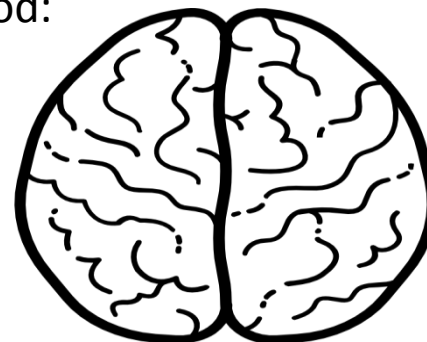
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

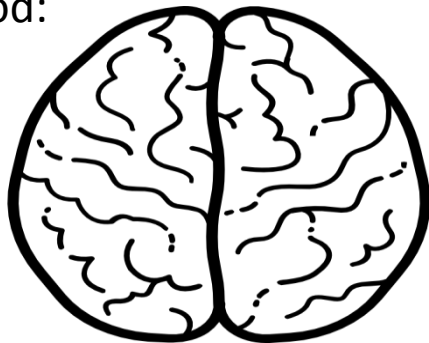
Exercise:

Day 28

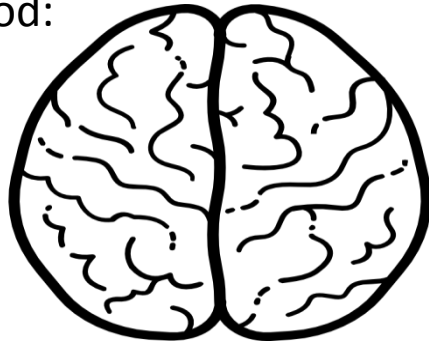
Day 29

Day 30

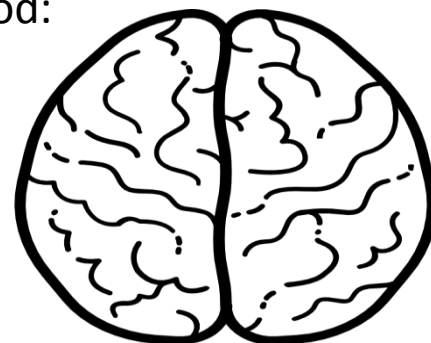
Mood:



Mood:



Mood:



Food:

Food:

Food:

Exercise:

Exercise:

Exercise:

Random Positive Phrases

Use these sample phrases to re-word how you talk to your self each day.

Be your own Cheerleader!

- I deserve to be looked after every day
- I am incredibly lovable
- I am in control and I always choose the best way to respond to every situation
- I am financially stable
- I manage my finances perfectly to maintain my lifestyle
- I am enough
- I am loveable
- I am strong, confident and powerful
- I have phenomenal coping skills

Random Positive Phrases

- I am rejection proof
- Exercising fills me with excitement and energy
- My skin is glowing with health
- Speaking to this group, I find myself becoming energized and excited.
- I have so much to say and can't wait to share it.
- Words and thoughts come effortlessly to me.
- I connect with the audience so naturally.
- I am courageous on any stage.
- My life is filled with abundance

Random Positive Phrases

- Everyone compliments me on how fit and well I look
- I am comfortable and relaxed
- I know I have all the skills I need to deal with every situation
- I am a brilliant saver and investor
- I love saving money every week
- I am achieving everything I see on my vision board.
- I am regaining the phenomenal confidence and self esteem I was born with
- I am making things work for me
- I deserve a supportive loving partner
- I am fantastic at communicating