

Nightly Checklist

Nightly Checklist for the week of Monday _____ through Sunday _____. Starting weight _____.

MON: _____	TUES: _____	WED: _____	THURS: _____	FRI: _____	SAT: _____	SUN: _____
<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.	<input type="checkbox"/> I committed my food for the day.
<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both	<input type="checkbox"/> I read something spiritual or uplifting in the: am / pm / both
<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.	<input type="checkbox"/> I meditated for _____ minutes.
<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.	<input type="checkbox"/> I posted in the online support community.
<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.	<input type="checkbox"/> I reminded myself to TRUST that my food will be enough, that I will be given everything I need, and that there is always enough time. I settled into the bliss.
<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.	<input type="checkbox"/> I wrote down what I will be eating tomorrow in my food journal.
<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.	<input type="checkbox"/> I wrote in my gratitude journal.
<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.	<input type="checkbox"/> I am getting to bed in time to get 7-8 hours of sleep.
<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 (with 5 being high), my food cravings today were a: 1 2 3 4 5
<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the amount of hunger I experienced was a: 1 2 3 4 5
<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5	<input type="checkbox"/> On a scale from 1-5 the degree of distress I experienced due to hunger was a: 1 2 3 4 5
<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____	<input type="checkbox"/> I stuck to my Bright Lines today! Day ____ Notes: _____ _____



BRIGHT LINE EATING™

Live Happy Thin & Free