



daily log

Slimmers Against Sabotage

Name

Group

Lifeline ☎

Day

My aims today

Number of Syns

- ☐ Extra Easy
- ☐ Extra Easy SP
- ☐ Plan today's eating
- ☐ Plan the week's eating
- ☐ Write a shopping list
- ☐ Eat more vegetables
- ☐ Eat more fresh fruit
- ☐ Eat more Speed foods
- ☐ Eat more filling, Protein-rich foods
- ☐ Ensure I don't get hungry
- ☐ Prepare food in advance
- ☐ Check Syns before eating
- ☐ Create For and Against list
- ☐ Add to For and Against
- ☐ Analyse For and Against
- ☐ Visualise (self today and self as naturally slim person, check out differences in actions, thought processes and feelings)
- ☐ Others:

My potential danger areas

- | | |
|---|---|
| ☐ Petrol station | ☐ Weekend |
| ☐ Leftovers | ☐ Upset |
| ☐ Social visits | ☐ Elated |
| ☐ Parties | ☐ Constantly weighing myself |
| ☐ Eating out | ☐ Competing |
| ☐ Shopping | |
| ☐ Under-eating | |
| ☐ Others: | |

Self-sabotage techniques

please turn over... →

Slimming
—WORLD—

touching hearts, changing lives

Syns

Extras (write 'a' or 'b')
 Measured
 Syns
 (write 'S' 'P' or 'V')*

Dis

Estimated
accurately

今

Recorded
led at the
Inplanned
dvance



Things I am proud of today