

# Break Through Your Set Point R-K-O diary

Circle the arrow that applies (up, down, maintain), then circle whether it has been an R day, K day or O day. At the end of the week take a tally to see how you have done!

Month: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weight:						
Activity:						
Sleep:						
R K O	R K O	R K O	R K O	R K O	R K O	R K O

Weekly Averages	
Weight: _____ lbs	Higher/Lower/Same as last week _____
Activity: _____ min	Higher/Lower/Same as last week _____
Sleep: _____ hrs/night	Higher/Lower/Same as last week _____
R Days: _____	K Days: _____ O Days: _____
Positive things that happened this week:	
Challenges this week:	
Goals for next week:	