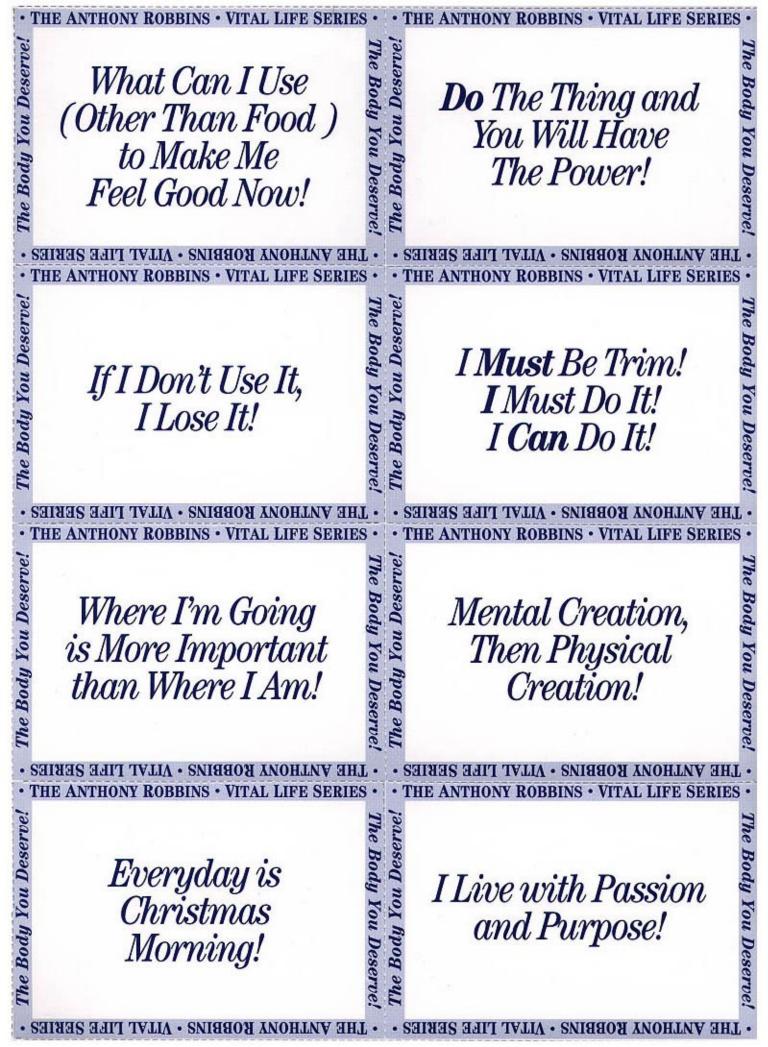


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				EOID					l
Interior of Card	T = Trample the urge and Target your desire! Picture a huge red stop sign in your mind and shout as loud as you can STOP IT!!! Then target your desire by seeing, hearing, and feeling your identity.	= Interrupt the pattern! Do something you really enjoy! Brush your teeth! Take a shower! Go to a mirror, take off your clothes and take a close look! Then picture your image goal in your mind and decide if eating the food is worth it!	<ul> <li>D = Drink some water instead of eating unhealthful foods. Don't be a dog like Sparkey!</li> <li>O = "Oh, what a smell!" Link a rotten, raunchy, putrid smell to the food you think you're going to eat!</li> </ul>	N = NOW! Breathe and move!	A = Ask yourself questions that will break the old pattern. Then ask yourself questions that will create a new pattern.	C = "Counterfeit urges don't control me!" Talk to your urges as if they were con men.	= "I control the urge! I'm winning! I'm smiling!"	The Body You Deserve!"	
Exterior of Card	© 1962 Robbins Research International, Inc.	The Anthony Robbins VITAL LIFE SERIES							
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SINNAV	SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	<b>Eating</b> (Check box when principle followed)	1		
							1. 70% V 2. Food			9
							3. Contr	ol Con	sump	otion
							4. Eat F	ruits (	orrec	tly
							5. Redu Elimi	ce or nate M	leat	
							6. Redu Elimi	ce or nate D	airy	
							7. Redu and (		-	
							8. Redu Acid	ce or E Addicti		ate
							Exercise			
							INTENSITY	Waist	Chest	Resting Heart Rate
							DURATION	Thighs	Hips	ъ́

The Anthony Robbins VITAL LIFE SERIES

WEEK OF

Weekly Eating and Exercise Log

CURRENT STATISTICS

## The Body You Deserve!" Eating Diary WEEK OF

## The Anthony Robbins VITAL LIFE SERIES"

In the diary below, write everything you eat and drink each day of this program.

٥	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				