

The Raw Divas
Raw Food Solutions for Women proudly present...

The 7 Day **Diva** Detox

Food & Fitness Journal



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Cover & Layout Design: Amy De Wolfe

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Published by:

The Raw Divas

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Using this Food and Fitness Journal

This journal has been put together to offer you additional support throughout this program. Use it to record your thoughts, track your meals, favorite recipes and thoughts about the overall experience.

We suggest you print it off and keep it accessible, close to you, so that you take the time to record and track your progress as we go along.

A Word About the Fitness Tracker

As a minimum throughout this program, we ask that you try and challenge yourself with three basic exercises; the push-up, (any version of it with which you are comfortable) stomach crunches, and squats. This way we know we've got your arms, tummy and thighs covered.

If you do nothing else, just take 5 minutes in the morning, afternoon and evening, and challenge yourself to do a few more every day. You'll be surprised at the difference between how many can do at the end of the 7 days, compared to the beginning. Just more evidence that progress can be made one easy step at a time.

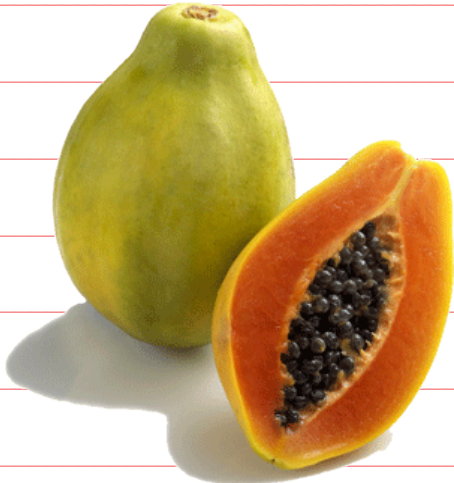
Where cardio is concerned, we simply ask that you do whatever you can to fit some active cardiovascular exercise in. A brisk walk, a bike ride, a jog. And just record the number of minutes and maybe a few words about the intensity.

Pre-Detox Journaling

Can you recall a time when you felt AMAZING in your body? You loved the way you looked, the energy you had and your ability to think clearly? Can you recall a time when you felt totally comfortable with your relationship with food, and not burdened by cravings and overeating habits?

On the next page, or in your favorite notebook, take a few moments to record some of your observations, thoughts, goals and feelings as you prepare for the week ahead. Don't filter your writing. Just let it out naturally and observe the process. Be sure to conclude with some time spent creating the possibility of what you'd like to achieve as you complete the program. Be specific and detailed. The clearer you paint your picture, the easier it will be to walk into it...

Lined writing area with 20 horizontal red lines.



Your detox has begun. Today is a day of fasting. Please take a moment to write about your observations, reactions, thoughts etc. during this experience:

Evening Meal:

Additional Thoughts or Observations

Fitness Tracker:

(Record the number of repetitions for each that you achieved throughout the day and watch how quickly you progress!)

Pushups:
Curl-ups
Squats:
Cardio:



Morning Meal

Midday Meal

Evening Meal

Additional Thoughts or Observations...

Fitness Tracker:

Pushups:
Curl-ups
Squats:
Cardio:



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