

CARNI40

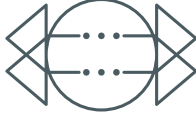
Meat, Movement, Mindfulness, Motivation

JOURNAL



40

Days of
Carnivore Diet



40

Minutes of
Movement 4x
per Week



40

Minutes of
Mindfulness
per Day



40

Minutes of
Books or Pod-
cast per Day

DATE: _____ To _____

DAY 1

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 3

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 2

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 4

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

NOTES:

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Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 5

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 7

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 9

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 6

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 8

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 10

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

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Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 11

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 13

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 15

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 12

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 14

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 16

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

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Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 17

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 19

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 21

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 18

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 20

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 22

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

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Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 23

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 25

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 27

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 24

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 26

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 28

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

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Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 29

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 31

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 33

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 30

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 32

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 34

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

CARNI40

Meat, Movement, Mindfulness, Motivation

JOURNAL

DATE: _____ To _____

DAY 35

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 37

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 39

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 36

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 38

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____

DAY 40

What I Ate: _____

How I Moved: _____

How I Was Mindful: _____

How I Feel: _____
