

Willpower Tracker

For one week, rate your willpower on a scale of 0 - 10. On this scale 0 means you feel you have no ability to resist tempting foods whatsoever. At 0, you may even be seeking out restricted foods that are nowhere within sight. A 10 means your willpower is rock solid. You can be surrounded by forbidden treats and not feel any urges to eat. This scale is subjective. An 8, for example, may mean that you still feel strong enough to resist tempting forbidden foods, but you feel a longing for a taste. A 4 may mean that you are strongly considering having a “treat”.

Be sure to track your willpower at the times noted below. Record your number in the space provided.

If you have a day of celebration, a day filled with stress, or anything else that may impact your level of willpower, list it in the “Notes” box at the bottom of the chart.

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Upon Waking							
Mid-Morning							
Mid-Day							
Mid-Afternoon							
Early Evening							
Late Evening							
Notes							