



YOUR GUIDE TO HARMONIZING  
NUTRITION, FITNESS, WELLNESS, & LIFE

# DAILY LIFE JOURNAL

10 DAYS TO A HEALTHIER LIFE  
WITH COACH VICKEE  
PREVIEW

Vickee Schoffner

# Introduction

## Vickee Schoffner aka Coach Vickee

Fitness Trainer & Veganista Cook  
Creator of Coach V Plant-based  
Nutrition & Fitness Coaching

Hi, I'm Vickee! I'm a vegan  
enthusiast, cook, and  
transformation coach. I  
provide women. like YOU,

with tools needed to live a  
healthier life by getting to  
the root cause of your  
health issues, changing  
your mindset, as well as  
choosing healthier options  
and have fun doing it, that  
will essentially leave you  
feeling good, light, and  
FREE (aside from the  
Standard American Diet).



# Welcome

Hey Hey friend!!! Are you ready to get back to your healthy lifestyle and live again??? Or ready to officially start on YOUR Healthy Journey?? I call it a journey because "Good Health" or a "Healthy Lifestyle" is not just a one time destination. It's actually a lifelong journey. It's a process. Simply because when you first start getting in the groove you're soooo motivated to start. You get up, eat your healthy breakfast, go super hard in the gym or home workouts, then realized you haven't lost as much weight as you thought you should...then BOOOOM! You have slipped back into that same old lifestyle you had.

Then you start back again weeks or months later only to slip back. Then it turns into a complete cycle, getting frustrated, negative self talk, running to every diet you can't sustain, etc. I'm telling you I know this crap can be super discouraging. But I want you to know that right now it doesn't have to be that way and you can turn things around. RIGHT NOW!!!

This daily life journal was created for you to get it all out on paper. "It All" means your thoughts, mood, daily intentions, goals, and plans. Of course help you to choose healthier food options and make a super easy lifestyle transition, and be on the road to reaching your goals.

Listen, just because you have decided to work on YOU doesn't mean you're selfish and you have to give up on everything you love....well if things are life or health threatening you may have to sacrifice.

But be sure you're prepared to make a commitment because your life is depending on it.

I'm super excited for you and want to share the journey with you.

Alrighty....with that being said.....Lets get healthy.

-Vickey

# WEEKLY MANTRA

I have strength for all  
things in Christ who  
empowers me.

[I AM READY FOR ANYTHING AND EQUAL TO ANYTHING  
THROUGH HIM WHO INFUSES INNER STRENGTH INTO ME; I  
AM SELF-SUFFICIENT IN CHRIST'S SUFFICIENCY].

PHILIPPIANS 4:13 AMP

DATE

# MORNING

MORNING THOUGHTS & INTENTIONS.

TODAY I FEEL...I FEEL THIS WAY BECAUSE...  
(BE HONEST)

GOALS FOR TODAY

RANDOM NOTES

1.

ACTION STEPS

2.

ACTION STEPS

3.

ACTION STEPS

TODAY I AM GRATEFUL FOR

# PLAN YOUR DAY

5 AM



6 AM



7 AM



8 AM



9 AM



10 AM



11 AM



12 PM



1 PM



2 PM



3 PM



4 PM



5 PM



6 PM



7 PM



8 PM



9 PM



HOW I FELT  
TODAY

# EVENING

SELF CARE

CHECK ALL THAT APPLIED

MOOD: 1 2 3 4

ENERGY: 1 2 3 4

CRAVINGS: 1 2 3 4

HIGH QUALITY NUTRIENTS

REDUCE AS MUCH PROCESSED AS POSSIBLE

WATER/ HYDRATING LIQUIDS

VEGGIES

FRUITS

HEALTHY FATS

PROTEIN

WHOLE GRAINS

SUPPLEMENTS

MORNING INTENTIONS

HOMECOOKED MEALS

MINDFUL EATING

HOT TOWEL SCRUB

CONSCIOUS BREATHING

FRESH AIR

PHYSICAL ACTIVITY

PRAYER / MEDITATION

MEANINGFUL CONNECTION

TOUCH/ MASSAGE

LOL

TIME TO MYSELF

VISUALIZED MY FUTURE

TODAY I APPRECIATE MYSELF FOR

CHOICES THAT DID NOT SERVE ME OR SUPPORT

TODAY I ADDED THIS IN

DATE

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WHAT STEPS DID YOU TAKE TOWARD A HEALTHIER LIFE  
OR FROM OVEREATING?

DID YOU RID YOUR HOME OF FOOD TRAPS? IF NOT YOU  
SHOULD.

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HAVE YOU FOUND AN EXERCISE YOU ENJOY? IF NOT YOU SHOULD.

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TIME TO MYSELF

VISUALIZED MY FUTURE

○ I'm tired. ○

○ It's too cold. ○

○ It's too hot. ○

○ It's raining. ○

○ It's too late. ○

Let's get it.

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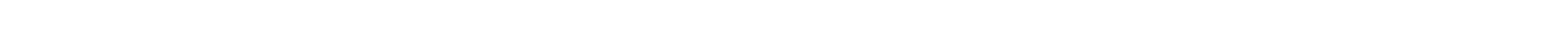
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ENERGY: 1 2 3 4

DIGESTION: 1 2 3 4

CRAVINGS: 1 2 3 4

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HOT TOWEL SCRUB

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TOUCH/ MASSAGE

LAUGHTER

TIME TO MYSELF

VISUALIZED MY FUTURE