

# 101 Great Quotes for Diet and Exercise Motivation Journal

*from 1, 2, 3, 4-ever*

**by Francine Hemway**

A Free Three Part Daily Journal  
to Help You Stay on Track  
and Reach Your Weight Loss  
and/or Exercise Goals

**Part I**

**Until one is committed, there is hesitancy, the chance to draw back-- Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.**

**~Attributed to Goethe**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**The road to someday, leads to the town of nowhere.  
Procrastination is the silent killer.**

**~Anthony Robbins**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data Recording: times, types, amounts,)**

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**You must act as if it is impossible to fail.**

**~Ashanti Proverb**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Those who think they have not time for bodily exercise will  
sooner or later have to find time for illness.**

**~Edward Stanley**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.**

**~Paul Dudley White**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Some people have a foolish way of not minding, or pretending not to mind, what they eat. For my part, I mind my belly very studiously, and very carefully; for I look upon it, that he who does not mind his belly will hardly mind anything else.**

**~Samuel Johnson**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Don't dig your grave with your own knife and fork.**

**~English Proverb**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Your stomach shouldn't be a waist basket.**

**~Unknown**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**After dinner sit a while, and after supper walk a mile.  
~English Saying**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**A man's health can be judged by which he takes two at a time - pills or stairs.**

**~Joan Welsh**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Even if you're on the right track you'll get run over if you just sit there.**

**~Will Rogers**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**You don't get to choose how you're going to die, or when.  
You can decide how you're going to live now.**

**~ Joan Baez**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**We never repent of having eaten too little.**

**~Thomas Jefferson**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Victory belongs to the most persevering.**

**~Napoleon**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.**

**~Mark Twain**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.**

**~Mark Twain**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily.**

**~Zig Ziglar**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Don't be fooled by the calendar. There are only as many days in the year as you make use of.**

**~Charles Richards**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Know the true value of time; snatch, seize and enjoy every moment of it. No idleness...never put off till tomorrow what you can do today.**

**~Lord Chesterfield**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Self-respect is the fruit of discipline.**

**~Abraham J. Heschel**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.**

**~Clint Eastwood**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Create the kind of self that you will be happy to live with all your life.**

**~Golda Meir**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**The sense of dignity grows with the ability to say no to oneself.**

**~Abraham Joshua Heschel**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**What the superior man seeks is in himself; what the small man seeks is in others.**

**~Confucius**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**At the end of the day, you want to respect what you do.**

**~John W. Rowe**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**What matters is not what I think of him; it is what he thinks of himself.**

**~Antoine De Saint-Exupery**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Don't spend time with people who don't respect you.**

**~New Zealander Proverb**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**This is an abundant universe. Grasp your birthright.  
Success is a massive abundance of physical, mental,  
emotional and spiritual health.**

**~David Wolfe**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Success is simple. Do what's right, the right way, at the right time.**

**~Arnold H. Glaslow**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**Action is the foundational key to all success.**

**~Pablo Picasso**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**You've got to say, I think that if I keep working at this and want it badly enough I can have it. It's called perseverance.**

**~Lee Iacocca**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**You don't drown by falling in the water. You drown by staying there.**

**~Unknown**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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**Notes (Weight, Measurements, Observations & Comments)**

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**The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't.**

**~Henry Ward Beecher**

**Energy IN (Food Info Recording: calories, amounts, etc.)**

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**Energy OUT (Exercise Data: times, types, amounts,)**

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