

# 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 III**



**Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.**

*~John Kennedy*

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Unless you try to do something beyond what you have already mastered, you will never grow.***

***~ Ralph Waldo Emerson***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*When you come to the end of your rope, tie a knot and hang on.*

~Franklin D. Roosevelt

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***A man who wants something will find a way; a man who doesn't will find an excuse.***

**~Stephan Dolley Jr.**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*All truly great thoughts are conceived while walking.*

~ Friedrich Nietzsche

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk.*

~Raymond Inmon

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose.***

**~Charles Dickens**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*I can remember walking as a child. It was not customary to say you were fatigued. It was customary to complete the goal of the expedition.*

~Katherine Hepburn

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Take a two-mile walk every morning before breakfast.***

***~Harry Truman (on how to live to be 80.)***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Make your feet your friend.***

**~J.M. Barrie**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*If you want to know if your brain is flabby, feel your legs.*

~Bruce Barton

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*Above all do not lose your desire to walk. Every day I walk myself into a state of well being and walk away from every illness. I have walked myself into my best thoughts and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill...if one keeps on walking everything will be all right.*

~Soren Kierkegaard

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

---

---

---

---

---

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

---

---

---

---

---

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

---

---

---

---

---

*Of all exercises walking is the best.*

~Thomas Jefferson

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Fitness - If it came in a bottle, everybody would have a great body.***

**~Cher**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

**Keep away from people who try to belittle your ambitions. Small people do that, but the really great make you feel that you, too, can somehow become great.**

**~Mark Twain**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

**Self-discipline is a learned art, and to master this art requires two basic steps: First, you must consistently analyze the probable, long term consequences of your actions. Second, you must be tenacious in acting in accordance with what you have determined to be in your long-term best interest.**

**~Robert J. Ringer**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*Only becoming conscious of old and unchosen patterns allows us to change them, and even so, change, no matter how much for the better, still feels cold and lonely at first because it doesn't feel like home.*

~Gloria Steinem

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Our attitude determines whether we tell the truth or lie, act or procrastinate, advance or recede, and by our own attitude we and we alone actually decide whether to succeed or fail. Attitude determines choice, and choice determines results. Attitude is everything.***

***~Jim Rohn***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Success means having the courage, the determination, and the will to become the person you believe you were meant to be.***

**~George Sheehan**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.***

***~ Richard M. DeVos***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Know what's weird? Day by day, nothing seems to change,  
but pretty soon... everything's different.***

**~Calvin, *Calvin and Hobbes***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.***

**~Author Unknown**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*The only man I know who behaves sensibly is my tailor; he takes my measurements anew each time he sees me. The rest go on with their old measurements and expect me to fit them.*

**~George Bernard Shaw**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.*

~Anatole France

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.***

**~Martha Beck**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*The longest journey begins with a single step.*

~Lao Tsu, Tao Te Ching

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*Walking is a man's best medicine.*

~Hippocrates

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

**Exercise is the currency of health.**

~Francine Hemway, *The Candida Queen*

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.***

**~Plato**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

*Better to hunt in fields, for health unbought,  
Than fee the doctor for a nauseous draught,  
The wise, for cure, on exercise depend;  
God never made his work for man to mend.*

*~John Dryden*

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***No matter who you are, no matter what you do, you absolutely, positively do have the power to change.***

**~Bill Phillips**

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

***Success in life can be reached equally by two different ways -- a positive, creative mind leading to a stronger, healthier body or a strong, healthy body leading to a more creative, more positive mind. Either way, or in combination of both ways, there are two rules: 1) Begin 2) Continue.***

***~Laura Teresa Marquez***

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

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---