

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 II

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)

It's not that I'm so smart, it's just that I stay with problems longer.

~Albert Einstein

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

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

Notes (Weight, Measurements, Observations & Comments)

Perseverance is not a long race; it is many short races one after another.

~Walter Elliott, *The Spiritual Life*

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

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

Notes (Weight, Measurements, Observations & Comments)

**Perseverance... keeps honor bright: to have done, is to hang
quite out of fashion, like a rusty nail in monumental
mockery.**

~William Shakespeare

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

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

Notes (Weight, Measurements, Observations & Comments)

But the moment you turn a corner you see another straight stretch ahead and there comes some further challenge to your ambition.

~Oliver Wendell Holmes, Jr.

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

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

Notes (Weight, Measurements, Observations & Comments)

**If we are facing in the right direction, all we have to do is
keep on walking.**

~Buddhist Saying

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

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

Notes (Weight, Measurements, Observations & Comments)

One may go a long way after one is tired.

~French Proverb

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

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

Notes (Weight, Measurements, Observations & Comments)

Our greatest glory is not in never failing, but in rising up every time we fail.

~Ralph Waldo Emerson

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

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

Notes (Weight, Measurements, Observations & Comments)

With ordinary talent and extraordinary perseverance, all things are attainable.

~Thomas Foxwell Buxton

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

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

Notes (Weight, Measurements, Observations & Comments)

Most people never run far enough on their first wind to find out they've got a second.

~William James

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

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

Notes (Weight, Measurements, Observations & Comments)

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.

~Dale Carnegie

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

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

Notes (Weight, Measurements, Observations & Comments)

All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a man has taken the first step. With every additional step you enhance immensely the value of your first.

~Ralph Waldo Emerson

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

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

Notes (Weight, Measurements, Observations & Comments)

Some men give up their designs when they have almost reached the goal; While others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than ever before.

~Herodotus

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

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

Notes (Weight, Measurements, Observations & Comments)

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, 'press on' has solved, and always will solve, the problems of the human race.

~Calvin Coolidge

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

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

Notes (Weight, Measurements, Observations & Comments)

Success is not final, failure is not fatal: it is the courage to continue that counts.

~Winston Churchill

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

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

Success seems to be connected with action. Successful men keep moving. They make mistakes, but they don't quit.

~Conrad Hilton

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

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

Notes (Weight, Measurements, Observations & Comments)

Success seems to be largely a matter of hanging on after others have let go.

~William Feather

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

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

Notes (Weight, Measurements, Observations & Comments)

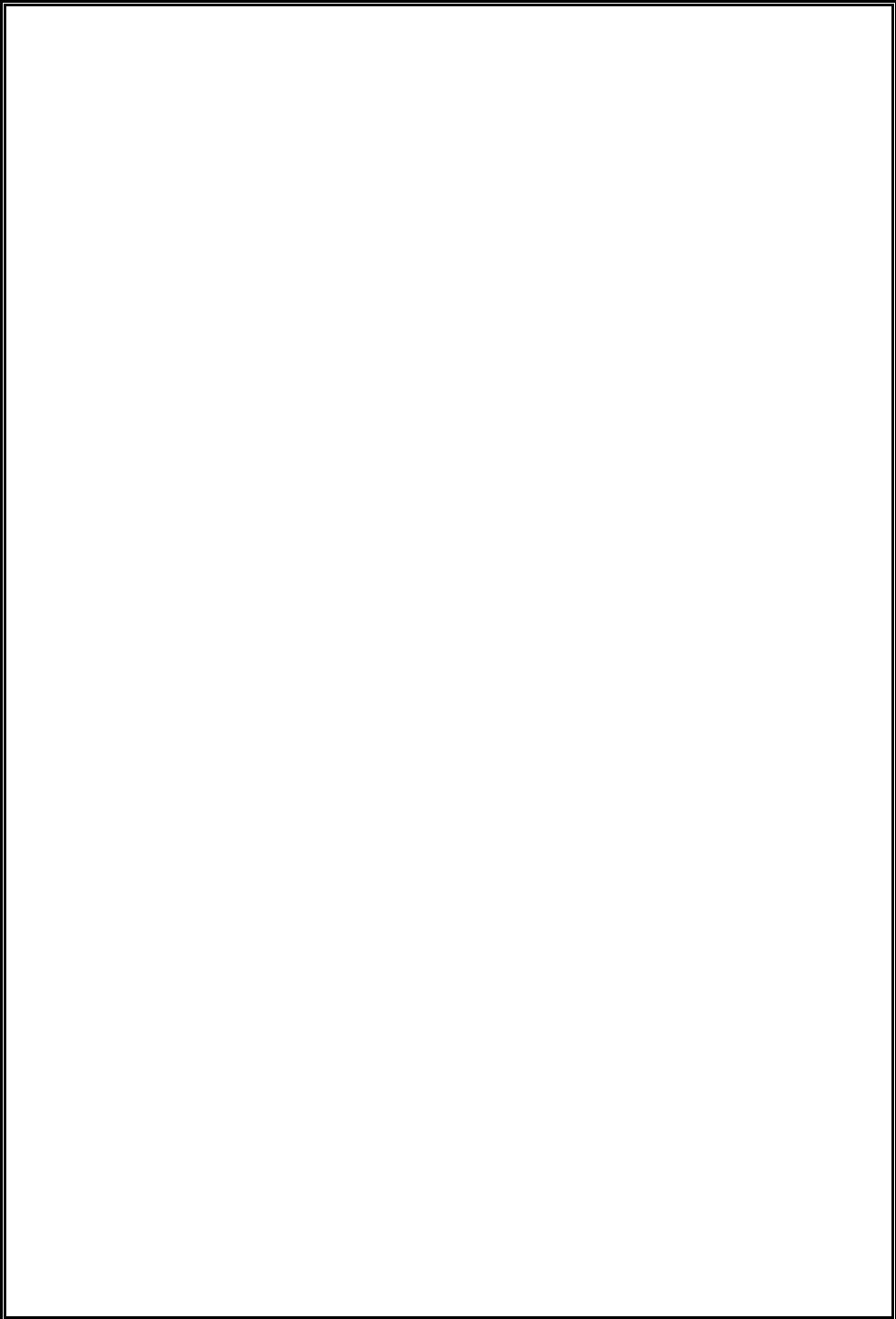
One of the commonest mistakes and one of the costliest is thinking that success is due to some genius, some magic - something or other which we do not possess. Success is generally due to holding on, and failure to letting go. The decision that nothing can overrule, the grip that nothing can detach will bring success.

~Maltbie Davenport Babcock

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

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

Notes (Weight, Measurements, Observations & Comments)



**Pay as little attention to discouragement as possible. Plough ahead as a steamer does, rough or smooth - rain or shine.
To carry your cargo and make your port is the point.**

~Maltbie Davenport Babcock

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

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

Notes (Weight, Measurements, Observations & Comments)

A man of sense is never discouraged by difficulties; he redoubles his industry and his diligence, he perseveres, and infallibly prevails at last.

~Lord Chesterfield

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

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

Notes (Weight, Measurements, Observations & Comments)

Never give up. Never, never give up!

~Winston Churchill

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

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

Notes (Weight, Measurements, Observations & Comments)

What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.

~General Dwight Eisenhower

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

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

Notes (Weight, Measurements, Observations & Comments)

Victory is always possible for the person who refuses to stop fighting.

~Napoleon Hill

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

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

Notes (Weight, Measurements, Observations & Comments)

What we do not see, what most of us never suspect of existing, is the silent but irresistible power which comes to the rescue of those who fight on in the face of discouragement.

~Napoleon Hill

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

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

Notes (Weight, Measurements, Observations & Comments)

There is no failure except in no longer trying.

~Elbert Hubbard

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

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

Notes (Weight, Measurements, Observations & Comments)

Great works are performed, not by strength, but by perseverance.

~Dr. Samuel Johnson

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

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

Notes (Weight, Measurements, Observations & Comments)

Some people plant in the spring and leave in the summer. If you're signed up for a season, see it through. You don't have to stay forever, but at least stay until you see it through.

~Jim Rohn

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

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

Notes (Weight, Measurements, Observations & Comments)

Fight one more round. When your arms are so tired that you can hardly lift your hands to come on guard, fight one more round. When your nose is bleeding and your eyes are black and you are so tired that you wish your opponent would crack you one on the jaw and put you to sleep, fight one more round - remembering that the man who always fights one more round is never whipped.

~James Corbett

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

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

Notes (Weight, Measurements, Observations & Comments)

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

~John Quincy Adams

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

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

Notes (Weight, Measurements, Observations & Comments)

I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.

~John D. Rockefeller

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

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

Notes (Weight, Measurements, Observations & Comments)

We've had some tough times, but we've hung in there.

~Paul Allen

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

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

Notes (Weight, Measurements, Observations & Comments)

**The men who have succeeded are men who have chosen
one line and stuck to it.**

~ Andrew Carnegie

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

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Notes (Weight, Measurements, Observations & Comments)

The successful person makes a habit of doing what the failing person doesn't like to do.

~ Thomas Edison

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

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Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture.

~ Norman Vincent Peale

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

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

Notes (Weight, Measurements, Observations & Comments)

**You must begin to think of yourself as becoming the person
you want to be.**

~David Viscott

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

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

Notes (Weight, Measurements, Observations & Comments)

**One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is.
~Norman Vincent Peale**

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

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

Notes (Weight, Measurements, Observations & Comments)

Seeing yourself as you want to be is the key to personal growth.

~Unknown

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

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