

# FOOD DIARY

Week No. \_\_\_\_\_

<b><u>Goals for the week:</u></b>		
Monday breakfast:	Monday lunch:	Monday dinner:
Tuesday breakfast:	Tuesday lunch:	Tuesday dinner:
Wednesday breakfast:	Wednesday lunch:	Wednesday dinner:
Thursday breakfast:	Thursday lunch:	Thursday dinner:
Friday breakfast:	Friday lunch:	Friday dinner:
Saturday breakfast:	Saturday lunch:	Saturday dinner:
Sunday breakfast:	Sunday lunch:	Sunday dinner:

**I will weigh myself on the same day every week, once a week**

Original Starting weight \_\_\_\_\_

Weight today \_\_\_\_\_

**I will measure myself once a month**

Original measurements

Measurements Today

Bust \_\_\_\_\_

Bust \_\_\_\_\_

Waist \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Hips \_\_\_\_\_