

WEIGHT & FOOD LOG

WEEK NO. _____'S DIET DIARY



DATE	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
WOKE UP AT?							
BREAKFAST							
MID MORNING							
LUNCH							
SNACKS							
LATE EVENING							
DINNER							
WATER INTAKE IN GLASSES							
EXERCISE/WALK							
SLEPT AT ?							
SPECIAL NOTES							