

FOOD DIARY

Name: _____ Date: _____ Week: _____

MON	TUES	WED	THURS	FRI	SAT	SUN
KGS:	KGS:	KGS:	KGS:	KGS:	KGS:	KGS:
Breakfast Time:	Breakfast Time:	Breakfast Time:	Breakfast Time:	Breakfast Time:	Breakfast Time:	Breakfast Time:
Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:
Lunch Time:	Lunch Time:	Lunch Time:	Lunch Time:	Lunch Time:	Lunch Time:	Lunch Time:
Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:
Dinner Time:	Dinner Time:	Dinner Time:	Dinner Time:	Dinner Time:	Dinner Time:	Dinner Time:
Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:	Snack Time:
Water	Water	Water	Water	Water	Water	Water
Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise

Keeping a Food Diary is one of the most important exercises you can include in your weight loss program. Studies have shown that you double your weight loss in comparison to those who do not diarise.

Why Weight Nutrition