



# WEIGHT NO MORE FOOD DIARY



M T W T F S S

DATE :

BREAKFAST	AMOUNT	CALORIES	FAT	NOTES
<b>TOTAL</b>				

SNACKS	AMOUNT	CALORIES	FATS	NOTES
<b>TOTAL</b>				

LUNCH	AMOUNT	CALORIES	FAT	NOTES
<b>TOTAL</b>				

SNACKS	AMOUNT	CALORIES	FATS	NOTES
<b>TOTAL</b>				

DINNER	AMOUNT	CALORIES	FAT	NOTES
<b>TOTAL</b>				

DAILY TOTAL



CHECK FOR EACH 8OZ OF WATER

PHYSICAL ACTIVITY

HOW I DID TODAY: