



WEIGHT NO MORE FOOD DIARY



M T W T F S S

DATE :

BREAKFAST	AMOUNT	CALORIES	FAT	NOTES
TOTAL				

SNACKS	AMOUNT	CALORIES	FATS	NOTES
TOTAL				

LUNCH	AMOUNT	CALORIES	FAT	NOTES
TOTAL				

SNACKS	AMOUNT	CALORIES	FATS	NOTES
TOTAL				

DINNER	AMOUNT	CALORIES	FAT	NOTES
TOTAL				

DAILY TOTAL

CHECK FOR EACH 8OZ OF WATER

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PHYSICAL ACTIVITY



HOW I DID TODAY: