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Slimming world food diary sheets

**Slimming world food diary sheets printable. Slimming world food diary example. Slimming world extra easy food diary sheets.
Slimming world diary example.**

This Slimming World Daily Food Diary Printable is exactly what you need to keep track of how you're doing if you're planning to follow Slimming World to lose weight and get healthy this year. I made this daily food diary printable a while ago because I didn't find the ones you can get from the Slimming World classes or on their app to be particularly user-friendly and I do like a visual tracker to keep me motivated and on track. My version has space to record what you've eaten, how many Syns you've used, and what healthy extras you've eaten as well as keeping track of how much water you've drunk that day and what exercise you've done. Not only that but it looks pretty and it's easy to fill in on the go and also to look back on so you don't forget the things that worked for you. And the things that didn't. 😂There's even a space to write down what you're focusing on that day which is usually where I put what exercise I plan to do or what meals I want to try and prep for the next day but sometimes, I just write 'Get through the day on plan' which is sometimes a battle in itself depending on what I have on and how I'm feeling.I genuinely believe that if you don't keep track of everything you eat, then your chances of success on Slimming World are much less than they would be if you use some form of tracking. It doesn't need to be a fancy tracker, it could be an old notebook, a new notebook, the notes section of your phone, or even the back of an envelope – the main thing is that you're tracking it somehow. You can click on the image above and it'll take you to the PDF version or click on the link below if you want to print your own Slimming World Food Diary out to use to keep you on track. << Print out your Slimming World Daily Food Diary here >>Don't miss out on future posts like this – receive updates directly to your inbox by email by adding your email address here and hitting subscribe. You can also follow me on Twitter or BlogLovin and I'd love to see you over on my Facebook page and on Instagram. If you're interested, you can find out more about me here and while I've got your attention, if you're wondering why some of my posts lately are a little bit less frugal then have a read of this post. ☺Do your future self a favour – Pin this Slimming World Daily Food Diary' for later. Here's a Slimming World compatible Food Diary for you to download and print: Download Slimming World Diary This A4-sized template in PDF format allows you to quickly and easily record all your meals and snacks during the week, as well as your Healthy Extras, Syns, Water intake, and Body Magic. One of the main advantages over the official Slimming World diary is that it's much bigger, and gives you more space to record the food and drink that you have. This Slimming World Food Diary Printable is free to download and print at home – as many times as you need to. There are 5 different variations including a diary for Extra Easy SP. There is also a Slimming World Meal Planner printable that you can also download. Use these free printables to help you to stay on track and reach your goals. Affiliate DisclosureI have included affiliate links to useful products and services related to the topic of this post.This post contains affiliate links, and I will be compensated if you purchase after clicking on my links.As an Amazon Associate, I earn from qualifying purchases. Read Our Full Disclosure Policy Please note: I no longer follow Slimming World but am leaving this printable, along with all of the Slimming World Recipes on my blog for those that do. The links to download all the printables are further down this post – they are surrounded by a purple box.



If you are one of the many people following the Slimming World (SW) plan, you will know that one of the crucial things to your success is keeping a Slimming World Food Diary. Tracking what you eat at each meal, along with your Healthy Extras, and Syns means you can monitor when things go well – and when they don't – and can figure out what to adjust next time. You could use an app, scribble it in a notebook, or use my free printable food diary to log everything. SW is a versatile plan and the only thing you count are Syns. (I do wish they were called something else, as psychologically it doesn't do good to see food as sinful, but I digress). Meal planning is also another key to success, and I've got a printable for that too! These printables are ones I created for myself when I used to go to SW meetings. I would always forget to pick one up from the group, so I just made my own. Use my Slimming World Food Diary printable and my Slimming World Meal Planner in tandem to rock your goals! I've created some new printables for 2020, as well as an update to the older ones too. There are now 7 different diaries and meal planners to choose from to suit your needs. Slimming World is always evolving, so I felt that an update was needed from the original printables that I first created in 2014. I want my printables (that are not affiliated in any way to SW) to be generic to the plan so if they decide to change how many of something you are allowed (e.g., number of Healthy Extras) you should still be able to make use of the printables. The first printable food diary for Slimming World is broken down into Free Foods (includes Protein Foods (P)), which should be 2/3 of your plate, and Speed Foods, which should be 1/3 of your plate. Additionally, there is the space to record your Healthy Extras and Syns. This diary is particularly good if you eat on-the-go, or don't plan your meals, preferring to eat what and when you fancy. You will always find the most up-to-date information about the plan, by going to a local group or joining online. This food diary is for those who enjoy tracking all their foods into more defined categories.



This diary has space each day to record speed, protein, and free foods, as well as your Healthy A and B Choices, and your Syns. You will always find the most up-to-date information about the plan, by going to a local group or joining online. This printable diary is broken down into breakfast, lunch, dinner, snacks, water, and exercise. It covers all you need on your healthy living journey.



You could use it in tandem with the food diary above; or if you know the plan well jot down what you had at each meal. For Healthy Extras and Syns, you can pop them into the meal you had them in. You will always find the most up-to-date information about the plan, by going to a local group or joining online. This week-to-view diary is modified from v2.0 and has space each day for your breakfast, lunch, dinner, snacks, Healthy Extras, and Syns.
You will always find the most up-to-date information about the plan, by going to a local group or joining online. The links to download all the printables are further down this post – they are surrounded by a purple box. If you are one of the SW members who enjoy doing the Extra Easy SP plan, then I've got a printable now for you too. It is broken down into S foods (speed), P foods (protein), Healthy Extras, and Syns. Check your handbook or with your SW consultant as to how much you should have for this variation of the Extra Easy plan. You will always find the most up-to-date information about the plan, by going to a local group or joining online. Use any of these free printable Slimming World meal planners to organise all of your meals in advance. Use them in tandem with the food diaries to suit your goals and needs. In this meal planner, there is space for breakfast, lunch, dinner, and snacks. There is also a Healthy Extras column, and a column for any notes you need to make. This meal planner is slightly different from v1.0 and has space for breakfast, lunch, dinner, and snacks, as well as Healthy Extras and Syns (in the same column). Instead of notes, there is a shopping list that you can make once you've organised all of your meals. Use the list to shop effortlessly and without temptation.
Before you download your free printables, open up these yummy Slimming World-friendly recipes in a new tab to get you started! The free printable(s) is (are) a PDF and can be opened with the free-to-use Adobe Reader. Printables designed and created by The Purple Pumpkin Blog and its Designers are for PERSONAL USE ONLY and NOT FOR RESALE under any circumstances. Please read the full Terms and Conditions. You are welcome to print these free printables at a print shop if you don't have access to a printer; however, some print shops may not print licensed characters. Colors may vary slightly on printing due to different screen and printer settings. You may share this free printable blog post on social media, including Pinterest, and on your blog/website with a link to this blog post. Please DO NOT share the PDF on social media or your blog/website. If you use any of my printables, it would be awesome to know about it! Post a picture on the social media platform that you hang out on, and follow me: Facebook, Instagram, or Pinterest! Use the hashtag #TPPBprintables so I can find you. I hope you enjoy these free printables!