

Food Diary

Research shows that keeping a written record of what we eat can assist with weight loss. Writing down everything you eat makes you accountable for every single calorie you consume—and this can result in you modifying your diet and consuming less.

If your weight loss has slowed or stalled, complete a food diary for a week to help you identify if you're straying from your Program guidelines.

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B'FAST							
LUNCH							
DINNER							
SNACKS							
DRINKS							

NOTES: _____

