

# Daily Food Diary



Name \_\_\_\_\_

“studies show that dieters who use a food diary lose 50% more fat than those who don’t” - Lynda

<b>Meal 1</b>	<b>Meal 1</b>	<b>Meal 1</b>	<b>Meal 1</b>	<b>Meal 1</b>	<b>Meal 1</b>	<b>Meal 1</b>
<b>Meal 2</b>	<b>Meal 2</b>	<b>Meal 2</b>	<b>Meal 2</b>	<b>Meal 2</b>	<b>Meal 2</b>	<b>Meal 2</b>
<b>Meal 3</b>	<b>Meal 3</b>	<b>Meal 3</b>	<b>Meal 3</b>	<b>Meal 3</b>	<b>Meal 3</b>	<b>Meal 3</b>
<b>Meal 4</b>	<b>Meal 4</b>	<b>Meal 4</b>	<b>Meal 4</b>	<b>Meal 4</b>	<b>Meal 4</b>	<b>Meal 4</b>
<b>Meal 5</b>	<b>Meal 5</b>	<b>Meal 5</b>	<b>Meal 5</b>	<b>Meal 5</b>	<b>Meal 5</b>	<b>Meal 5</b>
<b>Meal 6</b>	<b>Meal 6</b>	<b>Meal 6</b>	<b>Meal 6</b>	<b>Meal 6</b>	<b>Meal 6</b>	<b>Meal 6</b>
<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>
<b>EXERCISE</b>	<b>EXERCISE</b>	<b>EXERCISE</b>	<b>EXERCISE</b>	<b>EXERCISE</b>	<b>EXERCISE</b>	<b>EXERCISE</b>

*Nothing is achieved without effort – you can do it!*  
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