

WEEKLY FOOD DIARY - **Bring to your appointments!** Name: _____

Date:							
Breakfast							
Morning Snack							
Lunch							
Afternoon Snack							
Dinner							
Water Intake	○○○○○○○○○○	○○○○○○○○○○	○○○○○○○○○○	○○○○○○○○○○	○○○○○○○○○○	○○○○○○○○○○	○○○○○○○○○○
Exercise Activity							

- Drink eight to ten 8 oz. glasses of water daily! In the chart above, fill in a bubble for each 8 oz. glass you drink.
- Write in exercise type, duration, and intensity. The ultimate goal is 45 minutes, 3-4 times a week.
- Do not skip product supplements. Skipping will not help you lose weight and can cause muscle loss. The products are fortified and are designed for safe and effective weight loss.