

Food Diary

Date _____ weight _____

Goal for Today:

Breakfast

Lunch

Dinner

Snacks

Totals

Notes

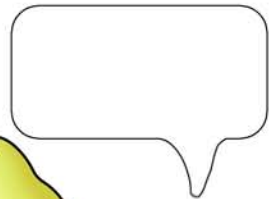
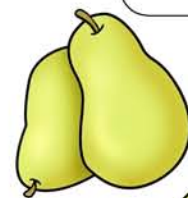
Exercise -

Calories

Fat

Carbs

Protein



Have you met your goal? Yes No

Food Diary

Date _____ weight _____

Goal for Today:

Breakfast

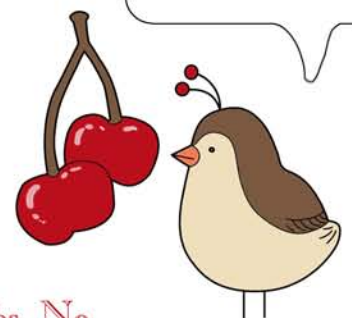
Lunch

Dinner

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Totals

Notes



Have you met your goal? Yes No