

Tue

Thur

Sat

• • • • •

☐ Fabulous☐ Great☐ OK

☐ Will Do Better Tomorrow

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.....

.....

.....

Food Diary

Date:

Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Weight:

[illegible]

Totals:

Check # 8 ounce glasses of water:

[illegible]

How I did today:

☐ Fabulous☐ Great

☐ OK

☐ Will Do Better Tomorrow

Notes: