

# Food & Fitness Journal

## Monday

## Tuesday

## Wednesday

Date \_\_\_\_\_

Water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Starting Weight \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_

This Week's Weigh In \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Pounds Lost \_\_\_\_\_

Breakfast: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Total Loss \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vitamin:  
M T W Th F S S

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes:

Lunch: \_\_\_\_\_

Lunch: \_\_\_\_\_

Lunch: \_\_\_\_\_

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Dinner: \_\_\_\_\_

Dinner: \_\_\_\_\_

Dinner: \_\_\_\_\_

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Snacks: \_\_\_\_\_

Snacks: \_\_\_\_\_

Snacks: \_\_\_\_\_

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# Thursday

Water:

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Exercise:

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Breakfast:

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Lunch:

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Dinner:

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Snacks:

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# Friday

Water:

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Exercise:

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Breakfast:

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Lunch:

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Dinner:

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Snacks:

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# Saturday

Water:

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Exercise:

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Breakfast:

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Lunch:

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Dinner:

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Snacks:

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# Sunday

Water:

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Exercise:

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Breakfast:

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Lunch:

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Dinner:

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Snacks:

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