

daily journal



This daily journal is designed to help you keep track of the food you consume and your exercise activity. It's especially helpful for those times you're away from your computer and cannot log into our online calorie management program. Food and exercise logging is one of the most successful habits you can develop for weight loss and maintenance. We suggest that you make several copies of this page and fill it in with as much detail as possible daily.

| date: _____ | mon | tue | wed | thu | fri | sat | sun |
|-------------------------|-------------------|-----------------|-------------------|-----------------|-------|-------------|-------|
| | item | amount/size | item | amount/size | item | amount/size | item |
| breakfast | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| snack | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| lunch | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| snack | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| dinner | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| snack | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| today's workout: | | | | | | | |
| cardio: | _____ | type | _____ | minutes | | | |
| resistance | lower body | yes / no | upper body | yes / no | | | |
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