

# WEIGHT-LOSS JOURNAL

Week #: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-Morning							
Lunch							
Mid-Afternoon							
Dinner							
Evening							
Amount of Water							
Exercise: Cardio/Resistance							

Write down EVERYTHING you eat, EVERYDAY. No exceptions. Then compare your weekly weight-losses to see which foods helped you lose more weight.

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One of the keys to weight-loss is keeping careful track of **everything** you eat. If you have great weight loss one week, and not so great results the next, you'll be able to look back at these charts, see **EXACTLY** what you ate each week and make whatever adjustments you need to make sure you get those great results again.

The other benefit of being so diligent and writing down even the smallest morsel of food is that it has the tendency to keep you from snacking on foods that aren't right for your body. You have to write down **EVERYTHING** you eat, even one french fry off your child's plate. Knowing you have to write down every pretzel or piece of cookie you nibble on, you may decide it's not worth the trouble and skip it.

This Weight-Loss Journal page is a tool to help achieve the best possible results. Make as many copies as you want. Put them in a three-ring binder for easy access!