

# WEIGH WISE FOOD DIARY

USE A NEW SHEET DAILY TO TRACK YOUR PROGRESS

DATE \_\_\_\_\_

Mon Tues Wed Thurs Fri Sat Sun

Weight \_\_\_\_\_

Time	Food/Beverage	Amount	Calories	Carbs	Fat gms
Totals:					

Circle number of 8 ounce glasses of water: **1 2 3 4 5 6 7 8**

**PHYSICAL ACTIVITY: WHAT:** \_\_\_\_\_, **MINUTES:** \_\_\_\_\_

HOW I DID TODAY: Fabulous \_\_\_\_\_ Great \_\_\_\_\_ OK \_\_\_\_\_ Will do better tomorrow \_\_\_\_\_