

Weight Loss JOURNAL

Today I intend _____

Date _____

Weight _____

☐ Goals met?

	FRUIT	VEGGIES	CAFFEINE	WATER	EXERCISE	SLEEP
TARGET						
ACTUAL						
TARGET MET?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

Meals / Snacks

	PROTEIN	CARBS	FAT	FIBER	SUGAR	SODIUM	TIME
TARGET							
ACTUAL							
TARGET MET?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

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