

# Free Diet Journal

Track nutritional information

Date:                      Weight\* this morning:

Food/Drinks	Calories	Fat	Carbs	Fiber	Other
<b>Totals:</b>					

Exercise	Cardio?	Or Strength?

\*Only weigh yourself once a day. If you're exercising, you may not see weight loss for several weeks while you're building muscle.  
 Be patient and content that you are taking care of yourself. Every day is a new start.