

Free Diet Journal

Track nutritional information

Date: _____ Weight* this morning: _____

Food/Drinks	Calories	Fat	Carbs	Fiber	Other
Totals:					

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.