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.

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