

# Your losebabyweight food diary – wk/c.....

	Breakfast	Lunch	Dinner	Snacks	Green tea & water
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					

How did I do this week? Fabulous  Great  OK  Will do better next week

How much weight did I lose this week? .....

How did I feel this week? .....