Lose 10 Pounds in 5 Weeks

DAILY DIET DIARY
Print additional copies of this form for each day.

(circle one) Week: 1 2 3 4 5
(circle one) Monday Tuesday Wednesday Thursday Friday Saturday Sunday
Date:

TIME of DAY	MEAL (Breakfast, lunch, dinner, snacks)	FOOD	CALORIES	COMMENTS
		TOTAL CALORIES:		