

My Diet and Fitness Journal



Howtoloseweighthealthy.com

Weight: _____

Daily Calorie Goal: _____

DATE: _____

BREAKFAST	Serving Size	Calories
Sub Total		

LUNCH	Serving Size	Calories
Sub Total		





DINNER	Serving Size	Calories
Sub Total		

SNACKS	Serving Size	Calories
Sub Total		

TOTAL FOOD	
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EXERCISE	Time	Calories
Sub Total		

TOTAL EXERCISE	
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 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Sleep (hours)	Water (glasses)	TV and Resting (Hours)	Work (hours)