

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 1: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 2: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 3: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 4: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 5: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 6: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____

WEIGHT LOSS DAILY LOG

Name: _____ Calories Allowed: _____

DAY 7: DATE: _____

Breakfast

Lunch

Dinner

Snack 1

Snack 2

TOTAL Daily Calories: _____