

Daily Food and Activity Diary

Use this Food Diary to keep a log of what food and liquids you consume each day. It will help you and your dietician and doctor understand your eating habits so you can make changes to lose weight safely. Talk to your dietician before starting a weight loss routine.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Activity | | | | | | | |

