

WEIGHT LOSS JOURNAL

Follow the American Heart Association's physical activity guidelines below (at least 30 minutes of exercise most days of the week) to safely and effectively shed pounds.

FOOD DIARY			
DAY 1	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

How did today go? Use this page to describe your feelings and thoughts.

FOOD DIARY			
DAY 2	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

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FOOD DIARY			
DAY 3	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

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FOOD DIARY			
DAY 4	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

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FOOD DIARY			
DAY 5	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

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FOOD DIARY			
DAY 6	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

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FOOD DIARY			
DAY 7	FOODS EATEN (including portions)	CALORIES	GLASSES OF WATER
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack (optional)			
TOTAL:	NA		
GOAL:	Fill ½ plate with fruits/veggies Fill ½ plate with protein/grains 2 to 3 servings of calcium-rich foods	Women: 1,200 calories Men: 1,500 calories	At least 8 glasses

EXERCISE (aim for at least 30 to 60 minutes):
BODY WEIGHT (aim to lose 1 to 2 pounds per week):

How did today go? Use this page to describe your feelings and thoughts.