



PLANNER FOR:

WEIGHT BEFORE
(step on the scales the evening before your diet day)

MEAL	FOOD EATEN	CALORIES
BREAKFAST		
LUNCH		
DINNER		
OTHER		
TOTAL		

Day completed without problems?	YES / NO	How difficult was it? (Score out of 10)
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WEIGHT AFTER
Step on the scales the morning after the diet day

TOTAL WEIGHT LOSS