

WEIGHT LOSS JOURNAL

NAME: _____ DATE: _____

		CALORIES	CARB	PRO	FAT
GOALS			45%	30%	25%
TIME	FOOD	CALORIES	CARB	PRO	FAT
TOTALS					
GOAL TOTALS					
+/-					

TIME	EXERCISE	VIGOROUS	MODERATE	WEIGHTS

TIME	ACTIVITY AT TIME OF CRAVING	EMOTION