

WEIGHT LOSS JOURNAL (sample)

NAME: Matthew McNutt

DATE: Feb. 4, 2008

		CALORIES	CARB	PRO	FAT
GOALS		1800	45%	30%	25%
TIME	FOOD	CALORIES	CARB	PRO	FAT
7:00am	Omelet; 1 cup egg beaters	120			
	¼ cup light cheddar cheese	70			
	4 oz. deli ham	120			
	Peppers & onions	20			
	Banana	100			
10:00am	Apple	100			
Noon	Low carb wrap	100			
	4 oz turkey	120			
	2 slices fat free cheese	60			
	Lettuce, peppers, onions	30			
	Mustard	15			
	Salad w/ fat free dressing	125			
3:00pm	Dannon light yogurt	60			
	2 clementines	80			
6:00pm	3 cups Dr. Jeff's turkey chili	480			
8:30pm	Bag microwave popcorn	100			
	TOTALS	1700			
	GOAL TOTALS	1800			
	+/-	-100			

TIME	EXERCISE	VIGOROUS	MODERATE	WEIGHTS
8:00am	Treadmill, circuit weights	15 min (jog)	15 min (walk)	25 min.
7:00pm	Dodgeball (youth group!)	20 min		

TIME	ACTIVITY AT TIME OF CRAVING	EMOTION
9:30pm	Watching TV after a long day.	Drained.