food diary

TEMPLATE B

FOR EVERYDAY USE, SO STICK A WEEK'S WORTH INTO YOUR DIARY TO GET STARTED

DATE		
WHAT I'M INSPIRED BY TODAY		
SUPERFAST: FOOD DIARY		SUPERFOOD: FOCUS TODAY
FOOD	CALORIES	FOOD/RECIPE/IDEA
		SUPERLIFE: MINUTES SPENT EXERCISING
		ACTIVITY + TIME:
TOTAL		

weight tracker

No.1 super fast diet™

	DATE	WEIGHT	CHEST	WAIST	TUMMY	HIPS	THIGHS	BICEP	LOST SO FAR
GOAL		65KG	96CM	71CM	78CM	96CM	55CM	27CM	
	1 FEB	83KG	101.6CM	83.8CM	88.9CM	104.1CM	58.4CM	30.5CM	
	8 FEB	81KG	100.3CM	82.5CM	86.4CM	102.9CM	58.4CM	30.5CM	2KG 6.3CM
	15 FEB	79.5KG	99.1CM	82.5CM	86.3CM	101.6CM	58.4CM	30.5CM	3.5KG 8.9CM
	22 FEB	78.5KG	99.0CM	81.3CM	85.0CM	101.6CM	57.1CM	30.0CM	4.5KG 13.3CM
	29 FEB	77KG	97.8CM	80.3CM	84.0CM	100.3CM	56.1CM	29.5CM	6KG 19.3CM

TEMPLATE A:

	DATE	WEIGHT	CHEST	WAIST	TUMMY	HIPS	THIGHS	BICEP	LOST SO FAR
GOAL									