

Start Weight

\_\_\_\_ lbs

# SHAPE ReClaimed™ Food Diary

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_ - \_\_\_\_/\_\_\_\_/\_\_\_\_

Date:		Weight:		Exercise:		BM#
<b>SUNDAY</b>	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					
Date:		Weight:		Exercise:		BM#
<b>MONDAY</b>	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					
Date:		Weight:		Exercise:		BM#
<b>TUESDAY</b>	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					
Date:		Weight:		Exercise:		BM#
<b>WEDNESDAY</b>	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					

# SHAPE ReClaimed™ Food Diary

Date:		Weight:	Exercise:			BM#
THURSDAY	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					
Date:		Weight:	Exercise:			BM#
FRIDAY	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					
Date:		Weight:	Exercise:			BM#
SATURDAY	Day #	How I feel:				
		Meal 1	AM Snack	Meal 2	PM Snack	Meal 3
	Protein:					
	Veggie:					
	Fruit:					
	Cracker:					
	Water:					

End Weight

\_\_\_\_\_ lbs

Comments, Challenges, Successes, Notes:	Goals for Next Week: