

Easy

Weight-Loss

Tracker

Studies* show that by simply tracking your food intake, you'll lose more weight! In fact, people that chart their progress in a food diary lose up to 2X more weight than people who don't track their food at all. By tracking your caloric intake, energy level, mood and weight, you'll be more mindful of your progress and stay on track to reach your goals!

What are you waiting for? You've got the tools to help you succeed, start today! Track your progress and you will see results.

*Hollis, J.F. American Journal of Preventive Medicine, August 2008; vol 35 (2): pp 118-126.

Sample Journal Entry - MONDAY 1



Morning Time 7:30 1 whole-wheat bagel 1 tbsp cream cheese 8 oz skim milk Calories Energy Mood 270 LOW LOW 90 HIGH X	Today's Date
Total: 410	Weight
Afternoon Time 12:15 Bowl tomato soup 305 Low Low	163 lbs
Side salad with spray dressing 20 X X	
1 orange 62 HIGH HIGH	Water (8 oz. glasses)
Total: 387	$\bigotimes \bigotimes \bigotimes \bigotimes$
Evening Time 6:30 Hamburger (3 oz meat, large bun) 334 tow tow	Ø000
Coleslaw, 1/2 cup 40 MED X	
8 oz cola 90 +X+ HIGH	
Total: 464	
Snacks String cheese Time 10:30 80 Low Low Carrots Time 3:30 30 X X 2 oz pretzels Time 8:30 220 HIGH HIGH Total: 330	
Total for the day: 1591	
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Strength Trained lower body	20m 100
	Total: 400

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Did your notice foods that give you energy?	
What are your goals for next week?	

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Right Calf			
Right Bicep			

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Did your notice foods that give you energy?	
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Snacks					
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	Total for the day				
	Total for the day:				
Exercise Log (Energy During Workout)					
				Duration	Calories Burned
				Total:	

Morning Time : Calones Energy Mood LOW LOW MED MED HIGH HIGH Afternoon Time : LOW LOW MED MED MED MED HIGH HIGH HIGH HIGH Floats: Calones Energy Mood Today's Date Weight Weight Total: Calones Energy Mood Today's Date Weight Floats: Calones Energy Mood Today's Date Today's Date
MED MED HIGH HIGH Total: Weight Weight HIGH HIGH HIGH Water (8 oz. glasses)
Afternoon Time :: Low Low MED MED HIGH HIGH Water (8 oz. glasses)
Afternoon Time :: Low Low MED MED HIGH HIGH Water (8 oz. glasses)
Afternoon Time : Low Low MED MED HIGH HIGH Water (8 oz. glasses)
Total: Water (8 oz. glasses)
Total:
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LOW LOW
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Snacks
Time : LOW LOW
Time : MED MED
Time : HIGH HIGH
Total:
Total for the day:
Exercise Log (Energy During Workout)
Calories Duration Burned
Total:

How did the week go?	
Did your notice foods that give you energy?	
What are your goals for next week?	

WEEKLY STATISTICS				
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Right Calf				
Right Bicep				

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Morning	Time:		Calories Energy	Mood		
					Today's Date	
		Total:				
	_			_	Weight	
Afternoon	Time:					
					Water (8 oz. g	Jlasses)
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Evening	Time:					
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Snacks		Time:				
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		Total for the day:				
Exercise Log (Energy During Workout)				LOW	HIGH
					Duration	Calories Burned

Morning Time:		Calories Energy Mo	od	
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	Total:			/aimba
Afternoon Time :			V	/eight
Afternoon Time:				
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Facility Theorem				0000
Evening Time:			W	
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	Total:			
	Total for the day:			
Exercise Log (Energy During Workout)				
				Calories Duration Burned



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Total: HIGH HIGH
Total:
Weight
Afternoon Time:
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HIGH HIGH Water (8 oz. glasses)
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Time:LOW LOW
Time: MED MED
Time : HIGH HIGH
Total:
Total for the day:
Exercise Log (Energy During Workout)
Calori Duration Burne
Total:

WEEK	
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Morning Time:		Calories Energy	Mood		
				Today's Date	
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	Total:			Weight	
Afternoon Time:					
				Water (8 oz. gla	asses)
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	Time:	HIGH	HIGH		
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	Total for the day:				
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Exercise Log (Energy During Workout)				Duration	Calories
				Duration	Burned
				Total:	

Morning Time:		Calories Energy Mood			
			Toda	ay's Date	
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	Total:		Wei	ght	
Afternoon Time:					
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Snacks					
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	Total for the day:				
Exercise Log (Energy During Workout)			LOV	MED	HIGH
				Duration	Calories Burned
				Total:	

Morning Time:		Calories Energy Mood	
			Today's Date
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			Weight
Afternoon Time:			
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	Total for the day:		
Exercise Log (Energy During Workout)			
			Calories Duration Burned
			Total:

Morning Time:		Calories Energy Mood	
			Today's Date
	Total:		Weight
Afternoon Time:			
		HIGH HIGH	Water (8 oz. glasses)
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	Total:		
	Total for the day:		
Exercise Log (Energy During Workout)			
			Calories Duration Burned
			Total

How did the week go?				
Did your notice foods that give you energy?				
What are your goals for next week?				

WEEKLY STATISTICS				
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Right Calf				
Right Bicep				

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- Tuesday
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Morning	Time:		Calories Energy	IVIOOG			
					Today	's Date	
		Total:			Weigl	ht	
Afternoon	Time:						
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			HIGH	HIGH			
		Total:					
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		Time:	HIGH	HIGH			
		Total:					
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Excitation Log	(Lineigy During Workout)					Duration	Calories Burned
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						Total:	

Morning	Time:		Calories Energy	Mood		
					Today's Date	
-					/	
		Total:			Weight	
Afternoon	Time:				Weight	
					Water (8 oz. glas	ses)
		Total:			000	0
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Evening	Time:					
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Snacks		Time:				
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		Total:				
		Total for the day:				
Exercise Log	g (Energy During Workout)					
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					Total:	

LOW LOW MED MED HIGH HIGH
MED MED /
Total: HIGH HIGH
Total:
Weight
Afternoon Time:
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HIGH HIGH Water (8 oz. glasses)
Total:
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Time:LOW LOW
Time: MED MED
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Total:
Total for the day:
Exercise Log (Energy During Workout)
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Total:

Morning	Time:		Calories	Energy	Mood			
						Toda	y's Date	
				HIGH	HIGH			
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Afternoon	Time:							
						Wate	er (8 oz. gla	asses)
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Evening	Time:							
				HIGH	HIGH			
		Total:						
Snacks								
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		Total for the day:						
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Exercise Log	(Energy During Workout)						Duration	Calories
						—	Duration	Burned
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Morning	Time:		Calories Energy	Mood			
					Today's	Date	
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		Total:					
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Evening	Time:				00	0 (0
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		Total for the day:					
Exercise Log	g (Energy During Workout)						
					Du	ration	Calories Burned
					_	Total:	



Morning Time:		Calories Energy	Wood		
				Today's Date	
		HIGH	HIGH		
	Total:			Weight	
Afternoon Time:					
		HIGH	HIGH	Water (8 oz. glass	es)
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Evening Time:				0000	C
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	Total:				
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	Total for the day:				
Exercise Log (Energy During Workout)				LOW MED	HIGH
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Tot	al for the day:	
Exercise Log (Energy During Workout)		
		Calories Duration Burned
		Duration Burned
		Total

How did the week go?				
Did your notice foods that give you energy	?			
What are your goals for next week?				

WEEKLY STATISTICS				
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Right Calf				
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- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
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Notes

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