

**BONUS
DOWNLOAD**

DAILY FOOD JOURNAL

Tracking Your Meals Can
Help With Weight Loss

WITH WENDY NICHOLSON



Daily Food Journal

Tips and strategies...

The great thing about this whole **Weight Loss Success** journey is once you have lost the weight, you DO NOT have to keep tracking.

But a good way to start (and also help if you plateau) is to increase awareness of the foods you consume. You can track your daily food intake for a short time.

I kept track of what I ate almost every day for 1-2 months when I was learning about eating low carb, until I became more familiar with the diet.

You can stop once you feel comfortable with the low carb lifestyle.

You don't have to write down too many details. I found even just writing main food groups helped a lot.

Being aware of what food and drinks we consume is KEY to losing weight and maintaining the weight loss.

As with other tracking strategies, this will help you take control of your eating habits so that you can be able to change them.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- **See EXAMPLES on page 3**
- Print off the following page(s) to keep track and keep it in your kitchen.

To print in colour, select page 4

To print in grayscale, select page 5

EXAMPLE

Daily Food Journal

1

Enter the date.
Print off a couple pages so you can track your food for 3-4 days. You will become more aware of the types of foods you are eating.

TODAY I ATE...	DATE
Cereal, coffee	May 23
Granola bar X 2	Steak, vegetable, potato
Protein bar, Energy drink	Salad, Dessert
Coffee with cream and sugar	Bowl of chips
Muffin, Juice	Apple
Hamburger, Fries, Hot Dog	Protein bar
Donut	Energy drink

2

Enter the types of foods you ate or drank during the day. You do not need to write down the calories, carbs or amounts.

3

If you plateau during your weight loss journey, you can bring back this tool and do 3 days again. This is a great way to be mindful of what you are eating and drinking.

Daily Food Journal

TODAY I ATE...	DATE _____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TODAY I ATE...	DATE _____
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Daily Food Journal

TODAY I ATE...	DATE _____
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TODAY I ATE...	DATE _____
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