

## FROM FAT TO THIN THINKING PRACTICE DAY \_\_\_\_\_\_ PLANNED FOOD JOURNAL

| Today's Date: |                            | Weight: | Weight: |          |  |  |
|---------------|----------------------------|---------|---------|----------|--|--|
| TIME          | PLANNED FOOD               | PROTEIN | CARBS   | CALORIES |  |  |
|               |                            |         |         |          |  |  |
|               |                            |         |         |          |  |  |
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|               |                            |         |         |          |  |  |
| Planned Fo    | ood Grand Totals:          |         |         |          |  |  |
|               | oca Grana rotais.          |         |         |          |  |  |
| PLANNED       | EXERCISE                   |         |         |          |  |  |
|               |                            |         |         |          |  |  |
|               | Planned Exercise Calories: |         |         |          |  |  |
| PLANNED       | TOTALS                     |         |         |          |  |  |
| My Daily B    |                            |         |         |          |  |  |
| Exercise Ca   |                            |         |         |          |  |  |
|               | Calories Burned (=)        |         |         |          |  |  |
| Food Calor    | ries (-)                   |         |         |          |  |  |
| Daily Net (   | Calories Burned (=)        |         |         |          |  |  |



## FROM FAT TO THIN THINKING PRACTICE DAY \_\_\_\_\_\_ ACTUAL FOOD JOURNAL

| Today's Date: |                           | Weight: | Weight: |          |  |  |
|---------------|---------------------------|---------|---------|----------|--|--|
| TIME          | ACTUAL FOOD               | PROTEIN | CARBS   | CALORIES |  |  |
|               |                           |         |         |          |  |  |
| -             |                           |         |         |          |  |  |
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|               |                           |         |         |          |  |  |
|               |                           |         |         |          |  |  |
|               |                           |         |         |          |  |  |
| Actual Foo    | d Grand Totals:           |         |         |          |  |  |
| ACTUAL E      | XERCISE                   |         |         |          |  |  |
|               |                           |         |         |          |  |  |
| -             | Actual Exercise Calories: |         |         |          |  |  |
| ACTUAL TO     | OTALS                     |         |         |          |  |  |
| My Daily B    |                           |         |         |          |  |  |
| Exercise Ca   |                           |         |         |          |  |  |
|               | Calories Burned (=)       |         |         |          |  |  |
| Food Calor    |                           |         |         |          |  |  |
| Daily Net (   | Calories Burned (=)       |         |         |          |  |  |