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O So Slender™

weight loss system

weight loss journal

A food and activity journal can be a powerful tool to help you lose weight and keep it off! Write down your activities and what you eat each day, and it will make you more aware of your habits. **Start tracking your success today!**

DAY/date_____

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Snack:

Total Calories:_____

Exercise:

Weight:_____

8 oz. glasses of water:

☐☐☐☐☐☐☐☐☐☐

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Snack:

Lunch:

Snack:

Dinner:

Snack:

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