

Start Weight
 _____ lbs

SHAPE ReClaimed™ Food Diary

Week of: ____/____/____ - ____/____/____

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

