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| --- | --- | --- | --- | --- |
| **FOOD DIARY** | | | | |
| http://www.weightloss.com.au/images/spacer.gif **Date:**01-01-20XX | | | | |
| **Goals:**Weight - 80kgs Waist - 80 cm | | | | |
| http://www.weightloss.com.au/images/spacer.gif | | | | |
| **Food:** | | | | |
| **Time** | **Food Description** | **Portion** | **Mood** | **Thoughts** |
| 6.30am | Natural Muesli w/Milk | 1 bowl | Good | Very satisfied |
| http://www.weightloss.com.au/images/spacer.gif | Apple Juice | 1 glass | " | " |
| 9.00am | Water | 1 glass | - | - |
| 10.30am | Yoghurt | 250ml | Happy | Feeling healthy |
| http://www.weightloss.com.au/images/spacer.gif | Chocolate Biscuits | 2 | Very Happy | Didn't need these. |
| http://www.weightloss.com.au/images/spacer.gif | Cup of tea | 1 cup | " | - |
| 11.15am | Water | 1 glass | - | - |
| 12.30pm | Turkey/Salad Sandwich | 1 | Flat | Tasted Great |
| http://www.weightloss.com.au/images/spacer.gif | Diet Coke | 1 can | " | Needed a sugar fix |
| 1.30pm | Water | 1 glass | - | - |
| 2.30pm | Mandarin | 1 | Good | - |
| 6.00pm | Grilled Chicken breast | 1 small | Tired | - |
| http://www.weightloss.com.au/images/spacer.gif | Mixed vegetables | 1 cup | " | - |
| http://www.weightloss.com.au/images/spacer.gif | Bread | 1 slice | " | Didn't need this |
| http://www.weightloss.com.au/images/spacer.gif | Wine | 2 glasses | " | Nice drop! |
| 9.00pm | Hot Chocolate | 1 cup | Good | This'll help me sleep |
| http://www.weightloss.com.au/images/spacer.gif | | | | |
| **Comments:** | | | | |
| Pretty good day. Must try to cut down on the chocolate biscuits!  Need to drink more water. | | | | |
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| **Exercise:** | | | | |
| **Time** | **Exercise / Activity** | **Duration** | **Intensity** | **Thoughts** |
| 5.30am | Walk on treadmill | 30 mins | Light | A little faster next time. |
| 12.00pm | Walked around park | 20 mins | Light | Beautiful day! |
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| **Comments:** | | | | |