

Ideal-Weight-charts.com Weight Loss Journal			Ideal-Weight-charts.com Weight Loss Journal			Ideal-Weight-charts.com Weight Loss Journal			Ideal-Weight-charts.com Weight Loss Journal		
Date			Date			Date			Date		
Time & Place	Food or Bev (measure)	Calories	Time & Place	Food or Bev (measure)	Calories	Time & Place	Food or Bev (measure)	Calories	Time & Place	Food or Bev (measure)	Calories
Breakfast			Breakfast			Breakfast			Breakfast		
Snack			Snack			Snack			Snack		
Lunch			Lunch			Lunch			Lunch		
Dinner			Dinner			Dinner			Dinner		
Snack			Snack			Snack			Snack		
Total Calories			Total Calories			Total Calories			Total Calories		
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Date			Date			Date			Date		
Time & Place	Food or Bev (describe an	Calories	Time & Place	Food or Bev (measure)	Calories	Time & Place	Food or Bev (measure)	Calories	Time & Place	Food or Bev (measure)	Calories
Breakfast			Breakfast			Breakfast			Breakfast		
Snack			Snack			Snack			Snack		
Lunch			Lunch			Lunch			Lunch		
Dinner			Dinner			Dinner			Dinner		
Snack			Snack			Snack			Snack		
Total Calories			Total Calories			Total Calories			Total Calories		