



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

Please record absolutely everything that you eat and drink this week. Be honest!

Start:

End:

Weight:

Weight:

Bust Waist Hips

Bust Waist Hips

FOOD & DRINK RECORD SHEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Lunch						
Dinner						