

Keeping track of your weight loss is easy. Each morning, simply step on the scale and record your weight. During the day keep track of what you ate along with the estimated calorie count for each meal. At the end of the day record the total estimated calorie count to make sure you are staying on track. You'll be amazed to see how quickly you approach your weight reduction goal!

| Day# | Date | Weight | Breakfast | Lunch | Dinner | |
|------|------|--------|-----------|----------|----------|-------------------------|
| | | | Calories | Calories | Calories | Total daily Calories |
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