

TRACK YOUR PROGRESS!

**FOOD TRACKING DIARY**

Track your meals, beverages (includes tea, water, bone broth), how you feel after every meal and much more.



**STARTING**

**BODY MEASUREMENTS**

**Weight**

**Chest**

**Waist**

**Thighs**

**Arms**

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MONDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

TUESDAY

TUESDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

****THURSDAY

WEDNESDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

****THURSDAY

THURSDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

****SATURDAY

FRIDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

****SUNDAY

****SATURDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

****SUNDAY

|  |  |
| --- | --- |
| **Hours Fasted**: | **Other Drinks**: |
| **Water**: | **Exercise**: |
| **Bone Broth**: | **Sleep**: |

**Break-fast meal**:

**Describe how you feel**:

**Meal 1**:

**Describe how you feel**:

**Meal 2**:

**Describe how you feel:**

**Meal 3**:

**Describe how you feel**:

**Meal 4**:

**Describe how you feel**:

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**END OF THE WEEK**

**BODY MEASUREMENTS**

**Weight**

**Chest**

**Waist**

**Thighs**

**Arms**

END OF THE DAY JOURNAL

Write how you feel at the end of each day

**Monday**:

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:**

**Saturday**:

**Sunday**: