## Food and Activity Log

THE VIRTUAL SLIMMING CLINIC



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Food	Food	Food	Food	Food	Food	Food
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks	<b>Oops!</b> Unplanned snacks or drinks
Fluids	Fluids	Fluids	Fluids	Fluids	Fluids	Fluids
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins
<i>√</i>				<u></u>		
Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins
Image: A start of the start				✓		
Start of the week						
Weight Waist	10 mins  30 mins  60 mins  90 mins  120 mins  150 mins +    Aerobic exercise:					Weight Waist
	Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track					
kg/lbs cms/in	L	Strength exercise:		Sun		kg/lbs cms/in