

# QUICK WEIGHT LOSS CENTERS

## DAILY FOOD DIARY

Please Bring Diary Every Visit

REMEMBER — THIS PROGRAM IS BASED ON WHAT YOU EAT  
NOT ON WHAT YOU DO NOT EAT

### MEASUREMENTS

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

MONDAY

Date \_\_\_\_\_ Weight \_\_\_\_\_

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Water:

Nutrient Supplements

TUESDAY

Date \_\_\_\_\_ Weight \_\_\_\_\_

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Water:

Nutrient Supplements

WEDNESDAY

Date \_\_\_\_\_ Weight \_\_\_\_\_

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Water:

Nutrient Supplements

