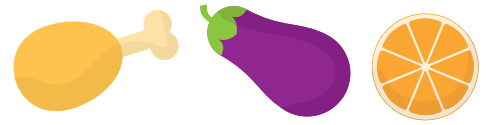


DAILY FOOD TRACKER



CUPS OF WATER

Print 7 copies and jot down your meals for one week. This will help you see what and how much you REALLY eat. This is vital to help you plan sustainable goals.

BREAKFAST

LUNCH

DINNER

SNACKS

