

**nutrichef**<sup>®</sup>

My  
Weekly  
Food Diary...



Contact us on

**01202 748400**

**nutrichef**<sup>®</sup>

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“Congratulations you have taken your first step towards your weight loss goal. Writing down our goals helps us to focus on them and understand the progress that we’re making towards them .

We created our Food Diary to support your efforts, simply keep it up to date and at the end of each week take a moment to reflect on how you’ve done.”

*Barbara Cox*

Simply record:

1. What you eat- be as precise as you can
2. What you drink - particularly how much water
3. What exercise you do - include some detail
4. And most important of all think about how you are feeling. This will change during the day and so several diary entries will help us to see how you are progressing. ie When you wake, after lunch & early evening.

We are looking forward to watching your progress and supporting you towards your optimum weight loss.



# Weight Loss measurement chart



Keep a record of your measurement changes each week by filling in the appropriate boxes. This is a really good way of keeping your motivation high, because sometimes we still lose inches/ cm when the scales show no change.

Week	Weight today	Weight lost	Chest	Waist	Hips	Arm	Thigh
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
Total							

# Today's diary...

Date \_\_\_\_\_

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

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Additional Snacks \_\_\_\_\_

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How I'm Feeling \_\_\_\_\_



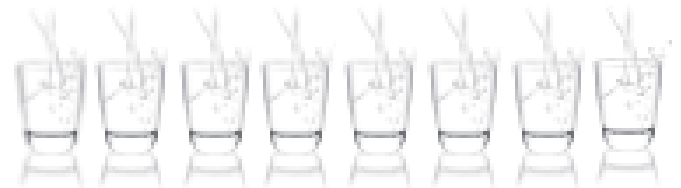
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***nutrarchef***  
*healthy meals delivered to your door*®

Water per Glass



Activities Today

\_\_\_\_\_ mins

\_\_\_\_\_ mins

\_\_\_\_\_ mins

\_\_\_\_\_ mins

\_\_\_\_\_ mins



“Success will come from having a goal and thinking long-term.”



*Everyone who got where he is has had to begin where he was.*

Robert Louis Stevenson



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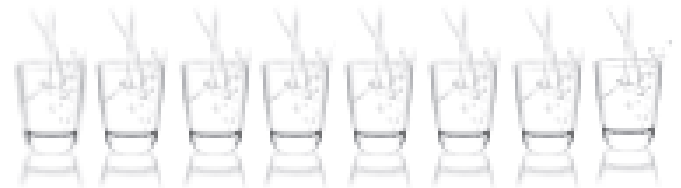
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“Where does weight loss & health fit into your **list of priorities?**”



*First say to yourself what you would be;  
and then do what you have to do.*



Epictetus

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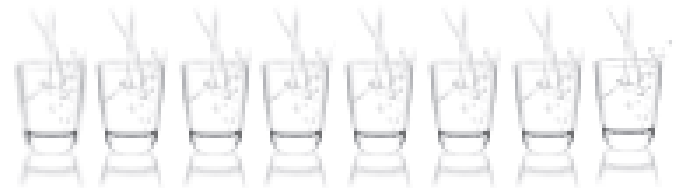
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“We know that the past does not equal the future;  
we see people change every day.”



*We will either find a way, or make one.*

Hannibal



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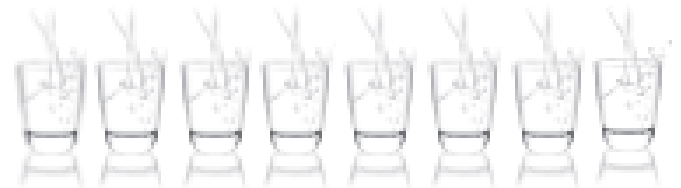
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“We think you should refuse to settle  
for less than **the best in your life.**”

“*To find what you seek in the road of life,  
the best proverb of all is that which says:  
Leave no stone unturned.*

Edward Bulwer Lytton



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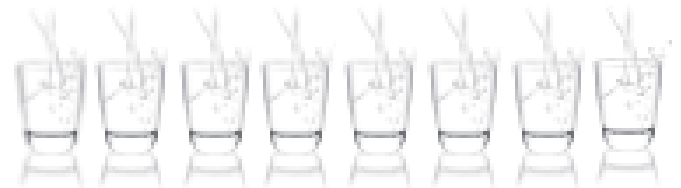
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“We’re here to help you, but who else can support you;  
share your goals.”



*When you know what you want and you  
want it badly enough, you'll find a way to  
get it .*



Jim Rohn

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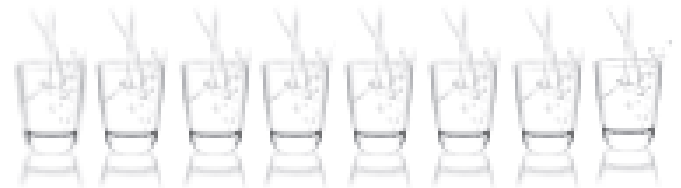
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“Finding fun & enjoyable ways to exercise will help you to succeed.”



*Great things are not done by impulse,  
but by a series of small things brought  
together.*



Vincent Van Gogh

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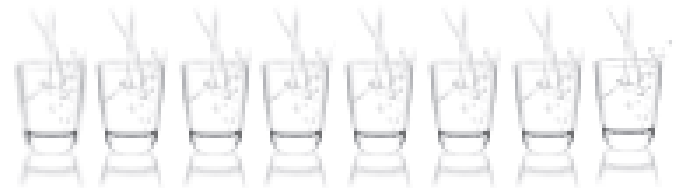
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