

# Daily Diet Log

Date/Day	Breakfast	Lunch	Snack	Dinner	Water	Vitamins	Notes
/ / Monday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Tuesday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Wednesday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Thursday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Friday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Saturday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>
/ / Sunday	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> Restricted	<input type="checkbox"/> 1 Liter <input type="checkbox"/> 2 Liters <input type="checkbox"/> 3 Liters <input type="checkbox"/> _____	<input type="checkbox"/> MultiVit <input type="checkbox"/> Potasium <input type="checkbox"/> Cal/Mag <input type="checkbox"/> Omega-3	Cheat / Deviation? Y / N <b>NOTE:</b>

**Weekly Weight Loss :** Day1 Weight \_\_\_\_\_ lbs - Day7 Weight \_\_\_\_\_ lbs = \_\_\_\_\_ lbs (Total Weightloss)