

Date: _____

Check off how many 8 oz. glasses of water you had ==>

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
(at least 8 cups a day is recommend for fat loss)

Meal 1: What you ate & drank	Calories	Carbs	Protein	Fat

NowLoss.com

Meal 1 Totals ==>

Time you ate Meal 1: _____

Meal 2: What you ate & drank	Calories	Carbs	Protein	Fat

Meal 2 Totals ==>

Time you ate Meal 2: _____

Meal 3: What you ate & drank	Calories	Carbs	Protein	Fat

NowLoss.com

Meal 3 Totals ==>

Time you ate Meal 3: _____

Meal 4: What you ate & drank	Calories	Carbs	Protein	Fat

NowLoss.com

Meal 4 Totals ===>				
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Time you ate Meal 4: _____

Meal 5: What you ate & drank	Calories	Carbs	Protein	Fat

Meal 5 Totals ===>				
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Time you ate Meal 5: _____

Meal 6: What you ate & drank	Calories	Carbs	Protein	Fat

NowLoss.com

Meal 6 Totals ===>				
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Time you ate Meal 6: _____

	Calories	Carbs	Protein	Fat
Daily Totals of Meals 1-thru-6 ===>				
Total number of carb, protein & fat calories ===> (Multiply carbs & protein by 4 – Multiply Fats x 9)				
% of carbs, proteins & fats in today's diet ===> (Divide total carb, protein & fat calories individually by total calories)				

