

### ***Exercise 4 Weight Loss Journal***

Use the below journal to record your daily foods, activities and your thoughts.  
Tracking your progress is a great weight loss tool. Print this off to begin using today.  
[www.exercise4weightloss.com](http://www.exercise4weightloss.com)

### ***My Weight Loss Journal***

#### **My Foods**

Time of day	Food item	Calories

#### **My Activity**

Time of day	Activity	Duration

#### **My thoughts**

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