

Example of Diet Diary			January 9
Time	Food and drink	Where, with who	Thoughts
8.00am	Oat bran, cold milk	At home with family	Running late for work
10.00am	Cheese cake, black coffee	Coffee bar, with Alice	Tired, need something for energy
11.00am	Water (1 glass)	Office	Thirsty
12.00pm	Turkey ham sandwich, coffee	Sandwich bar, with Mary	Mary wanted to eat sandwich
3.00pm	Orange juice, chocolate biscuit	Office, alone	Preparing for 3.30 meeting
5.00pm	Mineral water (500ml)	Office, alone	Heading home
7.00pm	Potato, steak, broccoli, carrots, red wine, tea, ice cream, brownie	Steak House, with my hubby	Happy
11.00pm	Water (1 glass)	Home alone	What a day!
	My Weight Today	Weight previous week	Results
	130 lbs	133 lbs	I lost 3 lbs !!

Record your weight every Sunday, 8.00 am (or any time as long as it is consistent)

For more information, please visit <http://www.CholesterolDietSecrets.com>
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Today's Diet			
Time	Food and drink	Where, with who	Thoughts
7.00 am			
8.00			
9.00			
10.00			
11.00			
12.00 pm			
1.00			
2.00			
3.00			
4.00			
5.00			
6.00			
7.00			
8.00			
9.00			
10.00			
11.00			
	My Weight Today	Weight previous week	Results

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