

Daily Food Plans

Weight Loss Management
Module 04

M T W T F S S

Breakfast

Planned food

Actual food

Lunch

Planned food

Actual food

Dinner

Planned food

Actual food

Snacks

Planned food

Actual food

Did I eat when hungry and stop when satisfied?

Why and why not?

What were my hunger and satisfied signals today?

I am worth this work today. Here's why:

Three things I want to celebrate today

01

02

03

What I want to remember for tomorrow