Weight Loss Journal								
Day	My Weight	Breakfast	Lunch	Dinner	Snacks	Drinks	Exercise	
Sunday								
Monday								
Tuesday								
ruesuay								
Wednesday								
Thrusday								
Friday								
Saturday								
What did I do right?								
What did I do wrong?								
What can I do better?								
Week Starting:		http://www.NibblesOfEncouragement.com Copyright © NibblesOfEncouragement.com						