



## Food & Activity Diary

Date: \_\_\_\_\_

### Keep Track of Everything You Eat, Drink and Do, Everyday!

Copy this page or go to [focus28diet.com/support](http://focus28diet.com/support) and download this form to create your own success diary.

#### Breakfast

Time: \_\_\_\_\_

- Pudding/Shake or Smoothie
- Focus28 Breakfast Item
- Dairy or Dressing:

\_\_\_\_\_

#### Morning Snack

Time: \_\_\_\_\_

- Pudding/Shake or Smoothie
- Fruit:

\_\_\_\_\_

#### Lunch

Time: \_\_\_\_\_

- Focus28 Entrée or Soup
- Protein Bar

#### Afternoon Snack

Time: \_\_\_\_\_

- Pudding/Shake or Smoothie

#### Dinner

*(Lean & Green Meal)*

Time: \_\_\_\_\_

- Protein: \_\_\_\_\_
- 2 Vegetables *(Women)*:
- 3 Vegetables *(Men)*:

\_\_\_\_\_

- 1 Starch: \_\_\_\_\_

- 1 Dressing *(Women)*:
- 2 Dressing *(Men)*:

\_\_\_\_\_

#### Evening Snack

Time: \_\_\_\_\_

- Focus28 Entrée or Soup

#### Glasses of Water:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧

#### Exercise:

Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How I Felt Today:

 Good!

 Okay

 Yucky