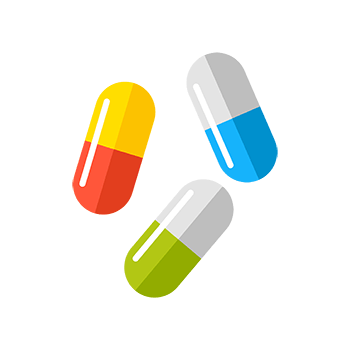
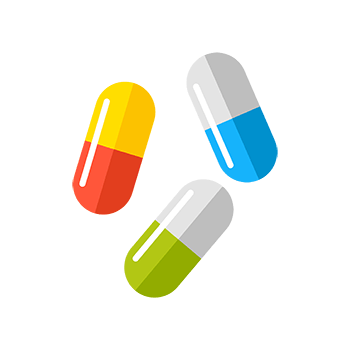
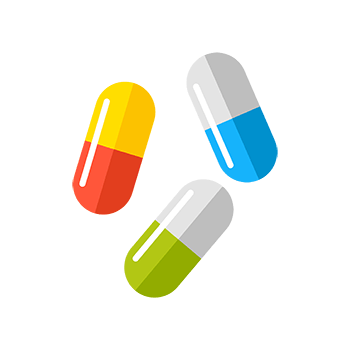
cvv



**Did you drink 8 glasses of water?**

**Vitamins:**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Food Diary | | | | |
| Time | Food Description | Portion | Mood | Thoughts |
| 6.30am | Natural Muesli w/Milk | 1 bowl | Good | Very satisfied |
| http://www.weightloss.com.au/images/spacer.gif | Apple Juice | 1 glass | " | " |
| 9.00am | Water | 1 glass | - | - |
| 10.30am | Yoghurt | 250ml | Happy | Feeling healthy |
| http://www.weightloss.com.au/images/spacer.gif | Chocolate Biscuits | 2 | Very Happy | Didn't need these. |
| http://www.weightloss.com.au/images/spacer.gif | Cup of tea | 1 cup | " | - |
| 11.15am | Water | 1 glass | - | - |
| 12.30pm | Turkey/Salad Sandwich | 1 | Flat | Tasted Great |
| http://www.weightloss.com.au/images/spacer.gif | Diet Coke | 1 can | " | Needed a sugar fix |
| 1.30pm | Water | 1 glass | - | - |
| 2.30pm | Mandarin | 1 | Good | - |
| 6.00pm | Grilled Chicken breast | 1 small | Tired | - |
| http://www.weightloss.com.au/images/spacer.gif | Mixed vegetables | 1 cup | " | - |
| http://www.weightloss.com.au/images/spacer.gif | Bread | 1 slice | " | Didn't need this |
| http://www.weightloss.com.au/images/spacer.gif | Wine | 2 glasses | " | Nice drop! |
| 9.00pm | Hot Chocolate | 1 cup | Good | This'll help me sleep |
| http://www.weightloss.com.au/images/spacer.gif | | | | |
| http://www.weightloss.com.au/images/spacer.gifhttp://www.weightloss.com.au/images/spacer.gif | | | | |
| Comments: | | | | |
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