Connect with us: **OneLifeDiet.com**

Food Journal

O @OneLifeDiet

Book your appointment:

Solana Beach: 858.793.9500

Carlsbad: 760.274.6920

Date:	Date:									
<u>Breakfas</u>	<u>:t</u>									
<u>Lunch</u>										
<u>Dinner</u>										
<u>Snacks</u>										
<u>Alcohol</u>										
Total Blocks										
8oz	8oz	8oz	8oz							
8oz	8oz	8oz	8oz							
<u>Exercise</u>										

Date:			Blocks		Date:			Blocks
<u>Breakfas</u>	. <u>t</u>				<u>Breakfa</u>	<u>st</u>		
<u>Lunch</u>				-	<u>Lunch</u>			
<u>Dinner</u>					<u>Dinner</u>			
<u>Snacks</u>				•	<u>Snacks</u>			
<u>Alcohol</u>					<u>Alcohol</u>			
Total Blocks					Total B			
8oz	8oz	8oz	8oz		8oz	8oz	8oz	8oz
8oz	8oz	8oz	8oz		8oz	8oz	8oz	8oz
Exercise					Exercise	2		

ONE LIFE

Notes

Notes

Notes

Download available: www.onelifediet.com/s/JOURNAL.pdf

Plan. Prepare. Measure. Journal. It's that simple.

Date:			Blocks	Date	Date:		Blocks	Date:	Date:		Blocks	Date:			Blocks
<u>Breakfast</u>				<u>Break</u>	<u>Breakfast</u>			<u>Breakfa</u>	<u>Breakfast</u>			<u>Breakfa</u>	<u>Breakfast</u>		
<u>Lunch</u>				Lunch	<u>Lunch</u>			<u>Lunch</u>	<u>Lunch</u>			<u>Lunch</u>			
<u>Dinner</u>				Dinne	<u>Dinner</u>			<u>Dinner</u>	<u>Dinner</u>			<u>Dinner</u>			
<u>Snacks</u>				Snack	<u>Snacks</u>			<u>Snacks</u>	<u>Snacks</u>			<u>Snacks</u>	<u>Snacks</u>		
<u>Alcohol</u>				Alcoh	<u>Alcohol</u>			<u>Alcohol</u>	<u>Alcohol</u>			Alcohol	<u>Alcohol</u>		
Total Blocks		Total	Total Blocks			Total E	Total Blocks			Total E	Total Blocks				
8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz
8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz
Exercise Exercise					<u>Exercise</u>			Exercise							
<u>Notes</u>				<u>Notes</u>				<u>Notes</u>				<u>Notes</u>			

Your success is directly proportional to your effort.