

SECTION THREE: Registration Handouts for Week 1

WEIGHT LOSS CHALLENGE

FOOD/DRINK LOG

Name: _____

Week of:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Amount of water (in ml) drank							
Amount (in grams) of protein eaten							
Number of calories consumed							
Amount of exercise (in minutes)–include type							

Food/Drink Log:
Write down everything
you eat and drink.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.