



slimming world daily food tracker

Date	My Weight Loss Goal	Current Weight Loss	Weight Remaining
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HEAs	HEB	Total Syns Used
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	Speed Food	Free Food	Syns
Breakfast			
Lunch			
Dinner			
Snacks			

Try and reflect on how you've done at the end of the day; how did you feel? Did you eat enough food?
Did you discover any useful tips or recipes?