



slimming world daily food tracker

To help keep you on track, try and make a little time at the very start of your day to remind yourself of your weight loss goals and how far you've come on your journey; it's easy to get distracted if you don't reflect on them each day.

Date	My Weight Loss Goal	Current Weight Loss	Weight Remaining
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It's easier to decide on your healthy extras at the start of the day; it helps you to stay on track. Remember it's very easy to overestimate the amount of these – measuring is important.

HEAs	HEB	Total Syns Used
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Plan your meals for the day, or use this as a food diary as you go. Remember to write everything down that you eat; it'll help you repeat successful weeks or learn from your mistakes.

	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?