

# Weight Loss Food Tracker

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31



Consistency is key with weight loss. No matter the results, doing the work each day will get you closer to your goals, even when it feels like you aren't making progress. For each day you honestly track all of your food (the good, the bad, the extras, the crumbs. ALL OF IT), mark a box. If you skip a day, reprint the page and start the streak over.