

Client Weight Log

Start Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____

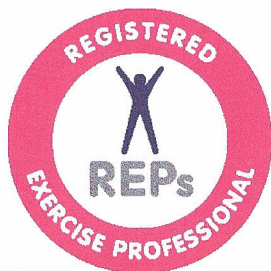
Date: _____ Weight: _____

Date: _____ Weight: _____

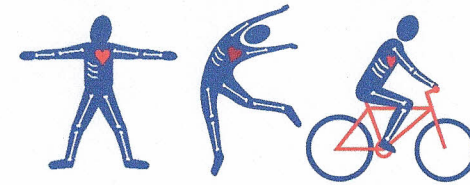
Date: _____ Weight: _____

Date: _____ Weight: _____

Date: _____ Weight: _____



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BODYFOCUS

Weight Record and Food Diary

Name: _____

Date: _____

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Sometimes it helps to keep a log of the food you eat for a few days. This helps to identify eating patterns, food and volumes and any vulnerable times when you might want to nibble something. You don't need to do it for many days to see a pattern emerging.

Day	Time/Meal	Food/quantity	What was I doing?	How did I feel afterwards?
1			E.g. planned meal, watching TV, gardening	E.g. satisfied and good, cross with myself
2				
3				