

SHAPE ReClaimed™ Food Diary

Day 1 Weight:	Δ	Cum	Day 1 Weight:	Δ	Cum	Day 1 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 2 Weight:	Δ	Cum	Day 2 Weight:	Δ	Cum	Day 2 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 3 Weight:	Δ	Cum	Day 3 Weight:	Δ	Cum	Day 3 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 4 Weight:	Δ	Cum	Day 4 Weight:	Δ	Cum	Day 4 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 5 Weight:	Δ	Cum	Day 5 Weight:	Δ	Cum	Day 5 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 6 Weight:	Δ	Cum	Day 6 Weight:	Δ	Cum	Day 6 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		
Day 7 Weight:	Δ	Cum	Day 7 Weight:	Δ	Cum	Day 7 Weight:	Δ	Cum
Protein			Protein			Protein		
Veggie			Veggie			Veggie		
Fruit			Fruit			Fruit		
Cracker			Cracker			Cracker		