

# FOOD DIARY



**THE LEAN BODY PROJECT**  
IT'S EASY WHEN YOU KNOW HOW

CLIENT:

TRAINER:

DATE:

WEIGHT:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TIME AWAKE							
MEAL 1							
SNACK 1							
MEAL 2							
SNACK 2							
MEAL 3							
DRINKS							
EXERCISE COMPLETED							
TIME ASLEEP							

# ACTION THIS WEEK



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ACTION	COMMENTS	COMPLETED ✓
BEEN TO PT X3 THIS WEEK		
HIIT X3 THIS WEEK		
TRACK YOUR DAILY FOOD INTAKE		
AT LEAST 6 HOURS SLEEP PER NIGHT		
10,000 + STEPS PER DAY		
AVOIDED ALCOHOL		
BEEN 100% WITH YOUR ACCOUNTABILITY		