

Eat Smart, Move More...  
Maintain, don't gain!



## Weekly Food Diary

Week #: \_\_\_\_

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Maintain, don't gain!



What you consumed	Breakfast	Lunch	Dinner	Snacks	Beverages	Total Calories
Mon.						
Tues.						
Wed.						
Thurs.						
Fri.						
Sat.						
Sun.						

Remember: The key to maintaining your weight is to find a balance between calories in and calories out. So on the days when you eat more calories than your body needs, be sure to be active enough to burn off the excess calories consumed.