

QuickWeightLoss™
— CLASSIC —

Daily Food Journal
BRING TO EVERY VISIT!

Directions:

Write down everything you eat (with detailed descriptions including Q-Snacks), and what time you ate it.

Example:

1 hardboiled egg, 40 cal toast w/ lite margarine	8 a
1 very strawberry shake w/ 12 sm strawberries	10a

***Remember this program is based on what you eat,
not what you don't eat!***

Weigh In:

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Tuesday

Date:

[illegible]

	Pr	Ve	Fr	St	Ft	M
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AM Herb	<input type="checkbox"/>	Q-Fats	<input type="checkbox"/>	Q-Vit	<input type="checkbox"/>	Q-Pro
MID Herb	<input type="checkbox"/>	Q-Fats	<input type="checkbox"/>	Q-B12	<input type="checkbox"/>	Q-Rel
PM Herb	<input type="checkbox"/>	Q-Fats	<input type="checkbox"/>	Q-B12	<input type="checkbox"/>	Q-Rel
				Q-Blocker	<input type="checkbox"/>	Q-Rel
				Q-Blocker	<input type="checkbox"/>	Q-Rel
				Q-Blocker	<input type="checkbox"/>	Q-Rel
				Q-Boost	<input type="checkbox"/>	Q-Fiber
Q-Snacks	<input type="checkbox"/>	MLS	<input type="checkbox"/>	BM	<input type="checkbox"/>	

Monday

Date:

[illegible]

	Pr	Ve	Fr	St	Ft	M		
Water	□□□□□□□□	□□□□	Q-Vit	□	Q-Pro	□	Q-S12	□□
AM Herb	□□	Q-Fats	□□	Q-Blocker	□	Q-Rel	□	
MID Herb	□□	Q-Fats	□□	Q-Blocker	□	Q-Rel	□	
PM Herb	□□	Q-Fats	□□	Q-Blocker	□	Q-Rel	□	
				Q-Boost	□□	Q-Fiber	□□	
Q-Snacks	□□□	MLS	□	BM	□			

Wednesday

Date:

[illegible]

Pr	Ve	Fr	St	Ft	M
Water	0000000000	Q-Vit	Q-Pro	Q-B12	00
AM Herb	00	Q-Fats	Q-Blocker	Q-Rel	00
MID Herb	00	Q-Fats	Q-Blocker	Q-Rel	00
PM Herb	00	Q-Fats	Q-Blocker	Q-Rel	00
			Q-Boost	00	Q-Fiber 00
Q-Snacks	000	MLS		BM	