

DO IT FOR
YOURSELF!

EXTREME 7 DAY FOOD AND ACTIVITY DIARY

Many factors can cause stalled Weightloss. Check out our "[Why am I not losing weight](#)" resource for a list of the most common causes and solutions. Still can't find the problem? Let us help. Download this page and use the table below to keep a food diary for the week. Once you've filled it in, email it to our experts at info@tonyferguson.co.za.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRUNCH (AFTER 11AM)							
MID-AFTERNOON							
DINNER (BEFORE 8PM)							
PHYSICAL ACTIVITY							

Tony Ferguson 

Contact us for help:

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Consult your doctor or healthcare professional before embarking on any weightloss journey.

