

DO IT FOR
YOURSELF!

ACCELERATE 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
BREAKFAST							
LUNCH							
DINNER							
PHYSICAL ACTIVITY							

Tony Ferguson 

Contact us for help:

080-SLIMMER / 080-7546637 | www.tonyferguson.co.za

 Tony Ferguson Weightloss South Africa

 @TFWeightlossSA |  tonyfergusonrsa

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

