

Accelerate 7 DAY FOOD AND ACTIVITY DIARY

Tony Ferguson 

Many factors can cause stalled Weight loss. 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.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST							
MID-MORNING SNACK							
LUNCH							
MID-AFTERNOON SNACK							
DINNER							