

Classic 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 | | | | | | | |
| MORNING SNACK | | | | | | | |
| LUNCH | | | | | | | |
| AFTERNOON SNACK | | | | | | | |
| DINNER | | | | | | | |
| TREAT | | | | | | | |