



Extreme 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
 BRUNCH (AFTER 11AM)							
MID-AFTERNOON							
 DINNER (BEFORE 8PM)							