

Monthly Diary

Track your progress for quick and easy results!

LAweightloss™

LAweightloss.com

1-800-513-5106

According to the Menu Plan Chart (Rapid Results pg 6), my Plan number is:

My daily servings are:

Protein Vegetable Fruit Starch Dairy
 Fat Snacks Extra Water

Using your diary: Record everything you eat and drink. Record the food amount and how it was prepared. Include the time you ate your meals and snacks. Record immediately after eating. Always carry your diary with you. Record any exercise and the number of minutes you performed it. Lastly, be honest!

Day/Date _____ Weight _____

Protein
 Vegetable
 Fruit
 Starch
 Dairy
 Fat

Water 8 oz (250 mL) glasses

Nutritionals LA MaxaTrim LA OmegaTrim

Extras -3

FREE Vegetables (unlimited) _____

Exercise _____

Meal 1 - time _____ dined out Combo # _____

Meal 2 - time _____ dined out Combo # _____

Meal 3 - time _____ dined out Combo # _____

Meal 4 - time _____ dined out Combo # _____

AM Snack - time _____

LA Bar OR Starch 1/2 Dairy

PM Snack - time _____

LA Bar OR Starch 1/2 Dairy