AlamoShape Food Diary Week ___Day_____

Time/Food	Cals	Pro	Fat	Fiber
Subtotals				
Daily Totals				

Water Svg Size = 8-12 oz

Calories Burned	**SuperShape Class?**

Comments: Were you hungry, full, satisfied, eating out of boredom? Were you tempted, frustrated by food temptations victorious over temptation?

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