Daily Diet Progress Chart

Print this page – Remember: **<u>NO SODA, NO FRIED FOODS, LOW/NO SALT & NO SWEETS</u>**
Chart all the foods you eat throughout the day. Take a yellow highlighter and keep marking the bad foods, until they are all gone.

Date	Time	Food	Amount	Weight

Good Foods To Eat (Write down good foods you want to eat throughout the day)

Chart brought to you by: www.total-truth-about-abs.com