

(843) 792–2273 (800) 553–7489

MUSChealth.com/weight

## Weight Management Diary

Name: \_\_\_\_

Beginning Date: \_\_\_\_\_

| Milk | k Veg Fruit Starch       |   | Meat | Fat                    |  |        |  |
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|      |                          |   |      |                        |  |        |  |
| Day: | Day: Weighed & Graphed 🗌 |   |      |                        |  |        |  |
| Time |                          | F | ]    | Exchanges/<br>Calories |  |        |  |
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|      | Exercise                 |   |      |                        |  | ration |  |
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| Milk |                 | Veg | Fruit | Starch | Meat     | Fat                    |
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| Day: |                 |     |       | Wei    | ghed & G | raphed 🗌               |
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| Milk |                | Veg | Fruit                  | Starch | Meat   | Fat   |  |
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| Milk | Veg | Fruit      | Starch    | Meat      | Fat      |
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| Time | T   |            | xchanges/ |           |          |
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| Graphed<br>Exchanges/<br>Calories |
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| Exchanges/<br>Calories            |
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| Milk | Veg            | Fruit  | Starch                | Meat | Fat   |  |  |
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| Milk | Veg                     | Fruit | Starch                 | Meat | Fat   |  |  |
|------|-------------------------|-------|------------------------|------|-------|--|--|
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| Day: | ay: Weighed & Graphed 🗌 |       |                        |      |       |  |  |
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