

(843) 792–2273 (800) 553–7489

MUSChealth.com/weight

Weight Management Diary

Name: ____

Beginning Date: _____

Milk	k Veg Fruit Starch		Meat	Fat			
Day:	Day: Weighed & Graphed 🗌						
Time		F]	Exchanges/ Calories			
	Exercise					ration	
		-					

Milk		Veg	Fruit	Starch	Meat	Fat
Day:				Wei	ghed & G	raphed 🗌
Time	Food and Amount					Exchanges/ Calories
		Exe	rcise		Du	ration

Milk		Veg	Fruit	Starch	Meat	Fat	
Day:	Day: Weighed &						
Time		I	Exchanges/ Calories				
	Exercise			Du	ration		
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Milk	Veg	Fruit	Starch	Meat	Fat
Day:		L	Wei	ghed & Gi	raphed 🗌
Time	T		xchanges/		
		Food and A	mount		Calories
	Exe	ercise		Dur	ation
	-				
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Graphed Exchanges/ Calories
Exchanges/
Exchanges/ Calories
Duration
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Milk	Veg	Fruit	Starch	Meat	Fat		
Day:	Day: Weighed &						
Time	1	E	xchanges/ Calories				
	Exe	ercise		Dur	ation		
					-		

Milk	Veg	Fruit	Starch	Meat	Fat		
Day:	ay: Weighed & Graphed 🗌						
Time	I	I	Exchanges/ Calories				
	Exercise D			Dur	ation		