

Start of Week	
Date:	
Weight:	
BMI:	
Weight loss target overall:	
Weight loss achieved to date:	



# Monday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Exercise			Notable changes to eating habits today	Are you happy with your achievement today?
				<input type="checkbox"/> Yes <input type="checkbox"/> <input type="checkbox"/> No <input type="checkbox"/> <input type="checkbox"/> A little <input type="checkbox"/>




# Tuesday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
<b>Exercise</b>			<b>Notable changes to eating habits today</b>	<b>Are you happy with your achievement today?</b>
				😊 Yes <input type="checkbox"/> ☹️ No <input type="checkbox"/> 😐 A little <input type="checkbox"/>




# Wednesday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Exercise			Notable changes to eating habits today	Are you happy with your achievement today?
				😊 Yes <input type="checkbox"/> ☹️ No <input type="checkbox"/> 😐 A little <input type="checkbox"/>

# Thursday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
<b>Exercise</b>			<b>Notable changes to eating habits today</b>	<b>Are you happy with your achievement today?</b>
				<input type="checkbox"/>  Yes <input type="checkbox"/> <input type="checkbox"/>  No <input type="checkbox"/> <input type="checkbox"/>  A little <input type="checkbox"/>

# Friday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
<b>Exercise</b>			<b>Notable changes to eating habits today</b>	<b>Are you happy with your achievement today?</b>
				<input type="checkbox"/>  Yes <input type="checkbox"/> <input type="checkbox"/>  No <input type="checkbox"/> <input type="checkbox"/>  A little <input type="checkbox"/>

# Saturday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
<b>Exercise</b>			<b>Notable changes to eating habits today</b>	<b>Are you happy with your achievement today?</b>
				😊 Yes <input type="checkbox"/> ☹️ No <input type="checkbox"/> 😐 A little <input type="checkbox"/>

# Sunday

	Number of Appesat taken	Food & drink consumed	After eating were you	Notable changes in mood and energy levels
Breakfast			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Morning snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Lunch			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Afternoon snack			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
Dinner			Still hungry <input type="checkbox"/> Satisfied <input type="checkbox"/> Full <input type="checkbox"/>	
<b>Exercise</b>			<b>Notable changes to eating habits today</b>	<b>Are you happy with your achievement today?</b>
				😊 Yes <input type="checkbox"/> 😞 No <input type="checkbox"/> 😐 A little <input type="checkbox"/>

End of Week	
Weight:	
Weight loss this week:	
BMI:	
Mood:	



## What I have achieved?

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## Areas for improvement

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## Weaknesses to overcome

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