KICK START FAT LOSS	Day 2	Day 3	Day 4
7 Day Tracker	Breakfast	Breakfast	Breakfast
Name			
Date started	Lunch	Lunch	Lunch
Use this tracker to record what you eat and	Dinner	Dinner	Dinner
what exercise you do. There is a space at the	Extras	Extras	Extras
bottom to make any notes on how you are feeling.	Notes	Notes	Notes
Day 1	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner
Extras	Extras	Extras	Extras
Notes	Notes	Notes	Notes