

TONY ROBBINS

The Body You Deserve[®]

Eating Diary Week of

In the diary below, write everything you eat and drink each day of this program.

	BREAKFAST	LUNCH	DINNER	SNACKS
<i>Monday</i> 1				
<i>Tuesday</i> 2				
<i>Wednesday</i> 3				
<i>Thursday</i> 4				
<i>Friday</i> 5				
<i>Saturday</i> 6				
<i>Sunday</i> 7				