

Evidence Based Weight Loss: Daily Checklist

Exercise

Date: __ / __ / __

Total Calories: _____

Breakfast

Lunch

Dinner

Snacks

Reflection

What I did well: _____

What I can improve: _____

Source: <https://www.aafp.org/pubs/afp/issues/2017/0915/p362.html>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

