





























Week 1: The Little Black Dress Challenge Food Diary



Name _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE							
WAKE UP							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
MOOD							
WATER	   	   	   	   	   	   	   
EXERCISE							