

My Slim•Fast Day

Today's Date: _____

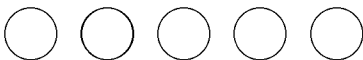
Slim•Fast Meal On-The-Go



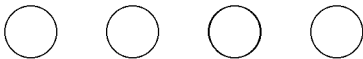
Meal Combination

(200 Calories of your favorite food)

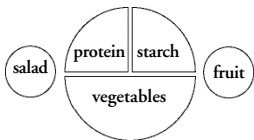
Fruits & Vegetables
*(3-5 servings)**



Snacks*
(about 120 Calories)



Sensible Meal
(500 Calories)



Water/Calorie-free Drinks *(8 fl. oz. glasses)*



Mood



1 2 3 4 5 6 7 8 9 10

Steps Walked

Other Physical Activity

* as appropriate for your diet