



**THE LONDON ACADEMY OF PERSONAL FITNESS**

We'll Get Your Body Back!

**Food Diary**

Write down exactly what you eat and drink in a day.

Time	Detailed food description (e.g. semi-skimmed milk)	Weight of food

The London Academy of Personal Trainers

[www.lapf.co.uk](http://www.lapf.co.uk)

Call 0844 4150929

