

Food Diary Sheets

MY Food Diary Worksheet: Day 1							
Name:							
Day:				Date:			
Meal #1							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #1:							
Notes:							
Meal #2							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #2:							
Notes:							

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Meal #3							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #3:							
Notes:							
Meal #4							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #4:							
Notes:							
Total Day 1 Calories:							
Protein (grams):							
Carbohydrates (grams):							
Fat (grams):							
Fiber (grams):							
Sodium (milligrams):							

MY Food Diary Worksheet: Day 2							
Name:							
Day:				Date:			
Meal #1							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #1:							
Notes:							
Meal #2							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #2:							
Notes:							

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Meal #3							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #3:							
Notes:							
Meal #4							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #4:							
Notes:							
Total Day 2 Calories:							
Protein (grams):							
Carbohydrates (grams):							
Fat (grams):							
Fiber (grams):							
Sodium (milligrams):							

MY Food Diary Worksheet: Day 3							
Name:							
Day:				Date:			
Meal #1							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #1:							
Notes:							
Meal #2							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #2:							
Notes:							

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Meal #3							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #3:							
Notes:							
Meal #4							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
Total Meal #4:							
Notes:							
Total Day 3 Calories:							
Protein (grams):							
Carbohydrates (grams):							
Fat (grams):							
Fiber (grams):							
Sodium (milligrams):							

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MY Daily Nutrient Ratio*	Day One		
Total Protein (g)	x4=	/Total Calories=	% protein
Total Carbs (g)	x4=	/Total Calories=	% carbs
Total Fat (g)	x9=	/Total Calories=	% fat

MY Daily Nutrient Ratio*	Day Two		
Total Protein (g)	x4=	/Total Calories=	% protein
Total Carbs (g)	x4=	/Total Calories=	% carbs
Total Fat (g)	x9=	/Total Calories=	% fat

MY Daily Nutrient Ratio*	Day Three		
Total Protein (g)	x4=	/Total Calories=	% protein
Total Carbs (g)	x4=	/Total Calories=	% carbs
Total Fat (g)	x9=	/Total Calories=	% fat

\*Compare your totals to the following Paw Guides

### Paw Nutrient Ratio Guide

#### **Diva Reduction Phase**

35% protein/45% carbs/20% fat (or close)

#### **Diva Maintenance Phase**

20 to 35% protein/45 to 65% carbs/20 to 30% fat \*

\* Maintenance ratio can fluctuate

\* Extra-lean Divas can go as low as 15% fat



# MY DIVA DIET • A Woman's Last Diet Book

Calculate your desired weight and body-fat percentage, clothing size, and any other information you may want to track.

MY DIVA DIET Goal Sheet		
Name:		
My Range		
Weight(Lb)	From:	To:
Fat (%)	From:	To:
Size	From:	To:
	Initial Numbers	Goal Numbers
Weight (Lb):		
Body Fat (%):		
Lean Body Mass (Lb)*:		
Fat (Lb)*:		
Dress Size:		
Pant Size:		
Blouse Size:		
Fat (Lb) Loss:		
LBM Gain/Loss:		
# Weeks to Goal:		
Date of Goal:		
Notes		
<p>*Multiply your weight in pounds by your body fat in percentage points. For example, 145 lbs x 0.27 (27% body fat) equals 39.15. This figure represents your body fat in pounds, which you subtract from your total weight to obtain your lean body mass (LBM). In this example, LBM equals 105.85 pounds.</p>		





Diva Worksheet #6  
Progress Report

MY Progress Report			
	Starting Point	Week 4	Week 6
Weight (Lb):			
Body Fat (%):			
LBM:			
Fat (Lb):			
Measurements			
Chest (measure at the fullest part of your breasts):			
Waist (measure at the narrowest point above your belly button):			
Abdomen (measure just below your belly button):			
Hips (measure at the widest point around your buttocks):			
Dress Size:			
Pant Size:			
Blouse Size:			
Other (cholesterol, blood pressure, medications, etc.):			
Notes:			

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MY Progress Report			
	Week 8	Week 10	CHANGES*
Weight (Lb):			
Body Fat (%):			
LBM:			
Fat (Lb):			
Measurements			
Chest (measure at the fullest part of your breasts):			
Waist (measure at the narrowest point above your belly button):			
Abdomen (measure just below your belly button):			
Hips (measure at the widest point around your buttocks):			
Dress Size:			
Pant Size:			
Blouse Size:			
Other (cholesterol, blood pressure, medications, etc.):			
Notes:			

\*Compare measurements to your goal sheet (p. 370).

Diva Worksheet #7  
3-Week Diet and Exercise Calendar

MY 3-Week Diet & Exercise Calendar				
Week 1	Week of:			
Weekly Weigh-in:				
Day	Diet Today (circle one)	Total Calories	Cheat Day? (circle one)	Exercise Today
Sunday	Good / Great / Poor		Yes / No	
Monday	Good / Great / Poor		Yes / No	
Tuesday	Good / Great / Poor		Yes / No	
Wednesday	Good / Great / Poor		Yes / No	
Thursday	Good / Great / Poor		Yes / No	
Friday	Good / Great / Poor		Yes / No	
Saturday	Good / Great / Poor		Yes / No	
Notes:				

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MY 3-Week Diet & Exercise Calendar				
Week 2	Week of:			
Weekly Weigh-in:				
Day	Diet Today (circle one)	Total Calories	Cheat Day? (circle one)	Exercise Today
Sunday	Good / Great / Poor		Yes / No	
Monday	Good / Great / Poor		Yes / No	
Tuesday	Good / Great / Poor		Yes / No	
Wednesday	Good / Great / Poor		Yes / No	
Thursday	Good / Great / Poor		Yes / No	
Friday	Good / Great / Poor		Yes / No	
Saturday	Good / Great / Poor		Yes / No	
Notes:				

MY 3-Week Diet & Exercise Calendar				
Week 3	Week of:			
Weekly Weigh-in:				
Day	Diet Today (circle one)	Total Calories	Cheat Day? (circle one)	Exercise Today
Sunday	Good / Great / Poor		Yes / No	
Monday	Good / Great / Poor		Yes / No	
Tuesday	Good / Great / Poor		Yes / No	
Wednesday	Good / Great / Poor		Yes / No	
Thursday	Good / Great / Poor		Yes / No	
Friday	Good / Great / Poor		Yes / No	
Saturday	Good / Great / Poor		Yes / No	
Notes:				