



THE
BODYFACTORY

FOOD DIARY



The purpose of this food diary is to do nothing more than keep you accountable, and to keep us informed.

At The Body Factory, we appreciate the fact that our challenge doesn't surround the hour you spend with us each day, but more so, the 23 hours you don't and how we can assist to monitor, manage, and support that period.

Optimal results for each individual will vary, though the key fundamentals will remain the same, surrounding food intake, exercise prescription, and overall lifestyle choices.

Be honest with us, be thorough, and allow us to join your journey towards your goals in your own health, fitness and overall wellbeing.

*Yours in health & fitness
Luke*

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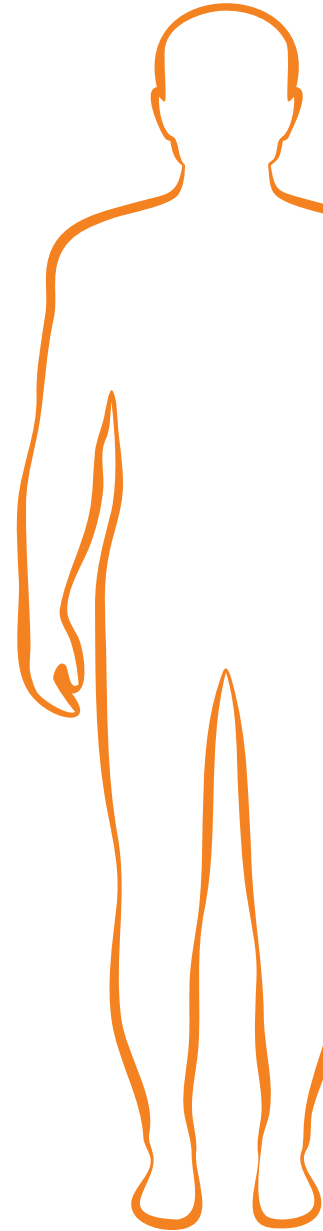
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SELF REFLECTION

A large rectangular area for self-reflection. It features a solid orange header bar at the top. Below the header, the page is filled with horizontal dotted lines, providing a guide for writing.

NOTES

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