

Food Journal

The 5 & 1 Plan[®]



Medifast[®]

Proven, Healthy Weight Loss[™]

Welcome

What could be one of the most important tools for weight loss? Tracking your meals in your new Medifast Journal. It will keep you mindful and help you stay on plan every day. And remember: every page you fill here is another step toward a healthier you! If you prefer to track online, go to [MyMedifast.com](https://www.MyMedifast.com).

Please read your Quick Start Guide before using this journal.

Become Yourself



**STARTING
WEIGHT**



**STARTING
MEASUREMENTS**

Chest _____ Waist _____

Hips _____ Thigh _____

BMI
(BODY MASS INDEX)



BEFORE PHOTO

2" x 3.25"



AFTER PHOTO

2" x 3.25"

Before

After

5 & 1 Plan[®]

(write time of meal in each box)

DATE: ____ / ____ / ____



LOG WEIGHT: _____



Medifast Meals

1

2

3

4

5

Lean & Green™ Meal



Lean

leanest or leaner or lean



Green

1

2

3

Water

(8 oz)

1

2

3

4

5

6

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8

Optional

Healthy Fat



Optional Condiment



Optional Snack

(check boxes)



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Congratulations!

Your Medifast Journal is full!

And we know what that means: you're well on your way to becoming yourself, the person you were meant to be. Whether you're finished your weight-loss journey or you still have more to lose, the journal is an invaluable resource. Order a new one online today!



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