

DAILY FOOD LOG

Date: _____ Goal Calories: _____ Actual Calories: _____

Starting Weight: _____ End of Day Weight: _____

Breakfast

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Lunch

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dinner

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Snacks/Dessert

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Water Intake



Notes

WEEKLY FOOD LOG

Week of: _____ Goal Calories: _____ Actual Calories: _____

Starting Weight: _____ End of Week Weight: _____

Monday _____ **Tuesday** _____ **Wednesday** _____ **Thursday** _____

B _____ B _____ B _____ B _____

Calories _____ Calories _____ Calories _____ Calories _____

L _____ L _____ L _____ L _____

Calories _____ Calories _____ Calories _____ Calories _____

D _____ D _____ D _____ D _____

Calories _____ Calories _____ Calories _____ Calories _____

S _____ S _____ S _____ S _____

Calories _____ Calories _____ Calories _____ Calories _____

Friday _____ **Saturday** _____ **Sunday** _____ **Notes**

B _____ B _____ B _____ _____

Calories _____ Calories _____ Calories _____ _____

L _____ L _____ L _____ _____

Calories _____ Calories _____ Calories _____ _____

D _____ D _____ D _____ _____

Calories _____ Calories _____ Calories _____ _____

S _____ S _____ S _____ _____

Calories _____ Calories _____ Calories _____ _____

Water Intake

