

food log

Date: _____

BREAKFAST

CALORIES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

LUNCH

CALORIES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DINNER

CALORIES









_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SNACKS

CALORIES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WATER

EXERCISE

food log

Week of: _____

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
M O N	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____
T U E	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____
W E D	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____
T H U	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____
F R I	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	EXERCISE
S A T	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____
S U N	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	_____