**FOOD LOG**

**(Week 1)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |

**FOOD LOG**

**(Week 2)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |

**FOOD LOG**

**(Week 3)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |

**FOOD LOG**

**(Week 4)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |

**FOOD LOG**

**(Week 5)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |

**FOOD LOG**

**(Week 6)**

**Directions: For each meal or snack list everything you ate and/or drank**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Extra meal or snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |