

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							