

Weekly Food / Activity Journal

Date _____ Week# _____

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Breakfast</i>							
<i>Morning Snack</i>							
<i>Lunch</i>							
<i>Afternoon Snack</i>							
<i>Dinner</i>							
<i>Evening Snack</i>							
<i>Total Calories =</i>							
<i>Water Intake</i> ☺ = 8oz.	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺	☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
<i>Exercise Activity (minutes)</i>							

Total Exercise/Activity
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