

Weekly Food Journal

Write down everything you eat and drink?			What food groups? (put a check in each box that applies):						
			Grains 	Vegetables 	Fruits 	Protein 	Water 	Extras	Total Calories
Mon	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Tues	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Wed	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Thurs	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Fri	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Sat	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Sun	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Now add up the checkmarks in each column and enter the numbers in this row									
How do they compare to your goals?			3-5 checks / day (1/2 should be whole grain)	At least 3 checks / day	At least 2 checks / day	3 - 5 checks / day	Ideal: 1/2 your body weight oz.	If you enter more than 1 check here, you're off track!	Go to calorieking .com
Did you eat too much or too little during a meal or snack today? Try to change the balance on tomorrow's log!									