

_____ food journal for week of _____ thru _____

Daily Calorie Goal _____

Week beginning ending weight _____ / _____

Monday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Tuesday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Wednesday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Thursday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

food journal for week of _____ thru _____

Daily Calorie Goal _____

Week beginning ending weight _____ / _____

Friday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Saturday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Sunday	Calories	Total Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Daily Calorie Intake		
Minus Daily Outtake		
Equals =		
Daily Calorie Goal		
<u>Total Calories Consumed</u>		

Daily Activity Log		
Monday	1)	▶
	2)	
	3)	
Tuesday	1)	▶
	2)	
	3)	
Wed.	1)	▶
	2)	
	3)	
Thursday	1)	▶
	2)	
	3)	
Friday	1)	▶
	2)	
	3)	
Saturday	1)	▶
	2)	
	3)	
Sunday	1)	▶
	2)	
	3)	