

WEEKLY FOOD JOURNAL

WEEK OF: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

Recording your meals will help to keep track of the number of calories you consume each day.

- When recording your food intake make sure to include the type of food eaten (Ex. White or wheat bread), the exact portion size and emotions you felt for that day (Ex. Happy sad, tired etc.)
- Studies show that by keeping a food journal, you are less likely to overeat which may help you lose weight.