

Using your food log

For each day of the week, write in the date. Then, fill in what foods you ate for each meal and the time you ate that meal. The Notes section will allow you to fill in different information each week, depending on what you want to keep track of. For example, if you want to keep track of how much fat you ate every day, you would enter how many fat grams you ate at each meal into that space. Look at the links below for ideas on how to get the most out of your food log.



Daily Food Log



SUNDAY Date:	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:
Breakfast: Time: Notes:	Breakfast: Time: Notes:	Breakfast: Time: Notes:	Breakfast: Time: Notes:
Lunch: Time: Notes:	Lunch: Time: Notes:	Lunch: Time: Notes:	Lunch: Time: Notes:
Snack: Time: Notes:	Snack: Time: Notes:	Snack: Time: Notes:	Snack: Time: Notes:
Dinner: Time: Notes:	Dinner: Time: Notes:	Dinner: Time: Notes:	Dinner: Time: Notes:





THURSDAY Date:	FRIDAY Date:	SATURDAY Date:
Breakfast: Time: Notes:	Breakfast: Time: Notes:	Breakfast: Time: Notes:
Lunch: Time: Notes:	Lunch: Time: Notes:	Lunch: Time: Notes:
Snack: Time: Notes:	Snack: Time: Notes:	Snack: Time: Notes:
Dinner: Time: Notes:	Dinner: Time: Notes:	Dinner: Time: Notes:

