



The Eating To Be Fit Weekly Food Journal

Name: _____

Date: _____

Most Recent Body Weight: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1							
Breakfast							
0:00 <input type="text"/> a.m.							
Meal 2							
Snack							
<input type="text"/> a.m.							
Meal 3							
Lunch							
<input type="text"/> a.m.							
<input type="text"/> p.m.							
Meal 4							
Snack							
<input type="text"/> p.m.							
Meal 5							
Dinner							
<input type="text"/> p.m.							
Meal 6							
Snack							
<input type="text"/> p.m.							
	Total cups of water:	Total cups of water:	Total cups of water:	Total cups of water:	Total cups of water:	Total cups of water:	Total cups of water:
	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>	<i>Total portions of carbs:</i>
	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>	<i>Total portions of protein:</i>

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