

# Food Diet Journal

Week of:

|      | Breakfast | Lunch | Dinner | Snack #1 | Snack #2 | Water                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Exercise | Notes |
|------|-----------|-------|--------|----------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------|
| Mon  |           |       |        |          |          |   <br>  <br>                  |          |       |
| Tues |           |       |        |          |          |   <br>  <br>                  |          |       |
| Wed  |           |       |        |          |          |   <br>  <br>                  |          |       |
| Thur |           |       |        |          |          |   <br>  <br>           |          |       |
| Fri  |           |       |        |          |          |   <br>  <br>  |          |       |
| Sat  |           |       |        |          |          |   <br>  <br>  |          |       |
| Sun  |           |       |        |          |          |   <br>  <br>  |          |       |