



fitsugar Food Journal

week of _____

	 Breakfast	 Lunch	 Dinner	 Snacks	 Fruits & Veggies Eat at least 5 to 7 daily	 Water Aim to drink 64 oz.
Sunday					Check off each one as you eat        	Check off each glass as you drink        
Monday					Check off each one as you eat        	Check off each glass as you drink        
Tuesday					Check off each one as you eat        	Check off each glass as you drink        
Wednesday					Check off each one as you eat        	Check off each glass as you drink        
Thursday					Check off each one as you eat        	Check off each glass as you drink        
Friday					Check off each one as you eat        	Check off each glass as you drink        
Saturday					Check off each one as you eat        	Check off each glass as you drink        