

# MY 7 DAY FOOD LOG

Start Date: \_\_\_\_\_

## Beverages Count Too!

How many of these beverages do you consume weekly?

- \_\_\_ plain black coffee
- \_\_\_ coffee with milk/cream
- \_\_\_ coffee with sugar
- \_\_\_ coffee with milk/cream & sugar
- \_\_\_ milk
- \_\_\_ plain tea
- \_\_\_ tea with milk/cream
- \_\_\_ tea with sugar
- \_\_\_ tea with milk/cream & sugar
- \_\_\_ water
- \_\_\_ fruit juice
- \_\_\_ soda pop
- \_\_\_ diet soda pop
- \_\_\_ energy drinks
- \_\_\_ alcohol



MEALS/SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
LUNCH	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DINNER	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____