

















fitsugar Food Journal

week of _____

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