

# 7 Day Food Journal

**Monday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Tuesday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Wednesday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Thursday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Friday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Saturday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |

**Sunday**

Breakfast  
Lunch  
Dinner  
Snacks  
Exercise

| Meal | Time | Food | Beverage | Place | Calories | Comments |
|------|------|------|----------|-------|----------|----------|
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |
|      |      |      |          |       |          |          |