

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: _____