

## Weekly Diet Tracker

Week of July 1, 2007

|                    | Breakfast                       | Snack                           | Lunch                           | Snack                           | Dinner                          | Totals |
|--------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------|
| <i>Sunday 1</i>    | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Monday 2</i>    | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Tuesday 3</i>   | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Wednesday 4</i> | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Thursday 5</i>  | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Friday 6</i>    | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |
| <i>Saturday 7</i>  | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ | _____<br>_____<br>Calories_____ |        |