

FOOD & FITNESS JOURNAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				
EXERCISE				

Indicate ALL FOOD EATEN, including drinks and snacks, and note the TIME of consumption. Please include rough portion sizes.

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	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			
EXERCISE			

Indicate **ALL FOOD EATEN**, including drinks and snacks, and note the **TIME** of consumption. Please include rough portion sizes.