

## Food Records



### Weekly Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

\_\_\_\_\_

Lunch:

Snack:

\_\_\_\_\_

Dinner:

Snack:

\_\_\_\_\_

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

\_\_\_\_\_

Lunch:

Snack:

\_\_\_\_\_

Dinner:

Snack:

\_\_\_\_\_

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

\_\_\_\_\_

Lunch:

Snack:

\_\_\_\_\_

Dinner:

Snack:

\_\_\_\_\_

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

---

Lunch:

Snack:

---

Dinner:

Snack:

---

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

---

Lunch:

Snack:

---

Dinner:

Snack:

---

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

---

Lunch:

Snack:

---

Dinner:

Snack:

---

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_

Day: \_\_\_\_\_

Time / Food & Amount / Other

Breakfast:

Snack:

---

Lunch:

Snack:

---

Dinner:

Snack:

---

Exercise: \_\_\_\_\_

Water: \_\_\_\_\_