

Food Log

Keep track of what you eat to get a clearer picture of your caloric intake.

DESCRIPTION OF WHAT YOU ATE:		CHECK ALL THAT APPLY:	H2O	WHOLE GRAINS	VEGGIES	FRUIT	PROTEIN	JUNK*	CALORIES
MON	Breakfast								
	Lunch								
	Dinner								
	Snacks								
TUE	Breakfast								
	Lunch								
	Dinner								
	Snacks								
WED	Breakfast								
	Lunch								
	Dinner								
	Snacks								
THU	Breakfast								
	Lunch								
	Dinner								
	Snacks								
FRI	Breakfast								
	Lunch								
	Dinner								
	Snacks								
SAT	Breakfast								
	Lunch								
	Dinner								
	Snacks								
SUN	Breakfast								
	Lunch								
	Dinner								
	Snacks								
		(add up all the checkmarks for the week) TOTALS:							

*JUNK = processed foods, fast food, soda pop, sports drinks, chips, candy, etc.

NOTES:

if this week's results were not optimal to your goals - make adjustments for next week.





Get Fit - Get Rewarded!

Motivate
Inspire
Recognize
& Reward



Small steps create big success.