

DAILY FOOD JOURNAL

Week of: _____

MONDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
TUESDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
WEDNESDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
THURSDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
FRIDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
SATURDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
SUNDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack

DAILY FOOD DIARY

Week of: _____

MONDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
TUESDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
WEDNESDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
THURSDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
FRIDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
SATURDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack
SUNDAY	BREAKFAST
<input type="checkbox"/> Weights:	snack
<input type="checkbox"/> Bike:	LUNCH
<input type="checkbox"/> Walk:	snack
Waters:	DINNER
	snack