



7-day food journal

DATE	MEAL	WHAT I ATE	TRACK IT (points, calories, etc.)	EXERCISE (activity, intensity, length of time)	Weight	OTHER NOTES
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					
/ /	Breakfast:					
	Snack:					
	Lunch:					
	Snack:					
	Dinner:					
	Other:					