



Food Log (Optional)

Week of: _____ Date

Try to use this log each day to track when, what, and how much you eat and drink. Also track how many calories you take in. You don't need to share this log with your Lifestyle Coach. It's just for you.

Monday				
Tuesday				



Week of: _____
 Date _____

Food Log (Optional)

Date	Time	Item	Amount (piece, volume, weight)	Calories
Wednesday				
Thursday				



Week of: _____
 Date _____

Food Log (Optional)

Date	Time	Item	Amount (piece, volume, weight)	Calories
Friday				
Saturday				



Week of: _____
 Date _____

Food Log (Optional)

Date	Time	Item	Amount (piece, volume, weight)	Calories
Sunday				