Week of:

Food Log (Optional)

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.

Day	Time	Item	Amount (piece, volume, weight)	Calories
MONDAY				
TUESDAY				

Week of:

Food Log (Optional)

Day	Time	Item	Amount (piece, volume, weight)	Calories
WEDNESDAY				
THURSDAY				

Week of:

Food Log (Optional)

Day	Time	Item	Amount (piece, volume, weight)	Calories
FRIDAY				
SATURDAY				

Week of:

Food Log (Optional)

Day	Time	Item	Amount (piece, volume, weight)	Calories
SUNDAY				

REFLECTIONS ON THIS WEEK