

# Weekly Food Journal

Starting Date \_\_\_\_\_

For the next week, keep track of every bite you eat or drink. Don't judge or try to change what you are doing; this is to simply see where you are right now with your eating. You don't have to fill in all the blanks, they are provided for your convenience.

Monday

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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*Tuesday*

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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Wednesday

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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Thursday

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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Friday

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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*Saturday*

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_



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*Sunday*

Meal #1      Time:

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Meal #2      Time:

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Meal #3      Time:

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Snacks—Write down anything you ate between meals or at night

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

Time: \_\_\_\_\_ Food: \_\_\_\_\_ Amount: \_\_\_\_\_

