

GOALS:

WEEKLY FOOD DIARY

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Date | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Water | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ |
| Notes | | | | | | | |