

Food Journal

To help your coach have a better idea of your daily eating habits, please fill this form out to the best of your ability. List **ALL FOOD** and **DRINK** consumed on the following pages **INCLUDING THE TIME** it was consumed. Even the smallest amounts need to be recorded.

Monday Date

Tuesday Date

Breakfast	Time	Breakfast	Time
Snack	Time	Snack	Time
Lunch	Time	Lunch	Time
Snack	Time	Snack	Time
Dinner	Time	Dinner	Time
Snack	Time	Snack	Time

Wednesday Date

Thursday Date

Breakfast	Time	Breakfast	Time
Snack	Time	Snack	Time
Lunch	Time	Lunch	Time
Snack	Time	Snack	Time
Dinner	Time	Dinner	Time
Snack	Time	Snack	Time

Friday Date

Saturday Date

Breakfast	Time	Breakfast	Time
Snack	Time	Snack	Time
Lunch	Time	Lunch	Time
Snack	Time	Snack	Time
Dinner	Time	Dinner	Time
Snack	Time	Snack	Time

Sunday Date

Breakfast	Time
Snack	Time
Lunch	Time
Snack	Time
Dinner	Time
Snack	Time