



One Week Food Journal

Instructions

Over a (7) day period, record the foods you consume and when/why you consume them. It is important to be honest when recording what you have eaten over this time period to help gain an accurate perspective the types of foods and amounts consume.

MONDAY **DATE:**

Food Item Description	Serving Size/Amount/Portion Description	Time Consumed	Location Consumed and Occasion
Example: Coca Cola	20 oz	12:37 PM	Home, Thirsty

TUESDAY**DATE:**

Food Item Description	Serving Size/Amount/Portion Description	Time Consumed	Location Consumed and Occasion
Example: Coca Cola	20 oz	12:37 PM	Home, Thirsty

SATURDAY

DATE:

Food Item Description	Serving Size/Amount/Portion Description	Time Consumed	Location Consumed and Occasion
Example: Coca Cola	20 oz	12:37 PM	Home, Thirsty

NOTES

