



7 Day Food Journal

Please record everything you eat and drink for **7 consecutive typical days**. It is not necessary to measure amounts, but rather just to list the foods and beverages you consume. Be honest with yourself and list everything! This is not an exercise you want to cheat on. 😊

Day 1: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 2: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 3: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 4: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 5: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 6: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	

Day 7: (list day of week)	
Breakfast	
AM Snacks	
Lunch	
PM Snacks	
Dinner	
Late night Snack	
Water Intake (in ounces)	