



Food Journal Day Three

	Food & Drink Items	Serving Size	Calories
<i>Breakfast</i> Time: _____			
		Total Breakfast	
<i>Snack</i> Time: _____			
		Total Snack	
<i>Lunch</i> Time: _____			
		Total Lunch	
<i>Snack</i> Time: _____			
		Total Snack	
<i>Dinner</i> Time: _____			
		Total Dinner	
<i>Snack</i> Time: _____			
		Total Snack	
		Daily Total	

Any Additional Notes:



Food Journal Day Four

	Food & Drink Items	Serving Size	Calories
<i>Breakfast</i> Time: _____			
		Total Breakfast	
<i>Snack</i> Time: _____			
		Total Snack	
<i>Lunch</i> Time: _____			
		Total Lunch	
<i>Snack</i> Time: _____			
		Total Snack	
<i>Dinner</i> Time: _____			
		Total Dinner	
<i>Snack</i> Time: _____			
		Total Snack	
		Daily Total	

Any Additional Notes:



Food Journal Day Five

	Food & Drink Items	Serving Size	Calories
<i>Breakfast</i> Time: _____			
		Total Breakfast	
<i>Snack</i> Time: _____			
			Total Snack
<i>Lunch</i> Time: _____			
			Total Lunch
<i>Snack</i> Time: _____			
			Total Snack
<i>Dinner</i> Time: _____			
			Total Dinner
<i>Snack</i> Time: _____			
			Total Snack
		Daily Total	

Any Additional Notes:



Activity Journal

	Time	Activity	Intensity Level	Duration	Calories Burnt
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					

Additional Notes: