





Weekly food log (optional)


Try to use this log each day to track when, what, and how much you eat and drink. Track your water intake by circling a water bottle every time you finish one. You may also track how many calories you take in. Write down a daily reflection of your wins for the day and how you feel. You don't need to share this log with your Lifestyle Coach. It's just for you.


Monday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				


Tuesday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				

Wednesday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				

Thursday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				

Friday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				

Saturday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				

Sunday				
Meal/snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks 				
Daily Reflection				