

MY 7 DAY FOOD LOG

Start Date: _____

Beverages Count Too!

How many of these beverages do you consume weekly?

- _____ plain black coffee
- _____ coffee with milk/cream
- _____ coffee with sugar
- _____ coffee with milk/cream & sugar
- _____ milk
- _____ plain tea
- _____ tea with milk/cream
- _____ tea with sugar
- _____ tea with milk/cream & sugar
- _____ water
- _____ fruit juice
- _____ soda pop
- _____ diet soda pop
- _____ energy drinks
- _____ alcohol



MEALS/SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
LUNCH	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DINNER	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
SNACKS	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____