Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_

WEEKLY FOOD LOG

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Monday |  |  |  |  |  |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Tuesday |  |  |  |  |  |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Wednesday |  |  |  |  |  |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Thursday |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Friday |  |  |  |  |  |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Saturday |  |  |  |  |  |
| Date: | Breakfast | Lunch | Dinner | Snack | Water (# of Glasses) |
| Sunday |  |  |  |  |  |