Fitting Fitness In

Weekly Food Log

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐	W☐☐☐☐☐☐☐☐
	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐	Fr/Vg ☐☐☐☐☐
	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐	Mlk/Dairy Pd ☐☐☐
	Multivitamin ☐	Multivitamin ☐	Multivitamin ☐	Multivitamin ☐	Multivitamin ☐	Multivitamin ☐	Multivitamin ☐