

Personal Fitness Plan

Food Log

For the next week you will write down, every evening, all of the food and drink you consumed that day. This is NOT designed to cause you to do something differently than you've usually done. It is designed to give you some data at the end of the week, that could give you a better picture of what your eating habits are.

Wednesday:

Food Consumed:

Beverages Consumed:

Thursday:

Food Consumed:

Beverages Consumed:

Friday:

Food Consumed:

Beverages Consumed:

Saturday:

Food Consumed:

Beverages Consumed:

Sunday:

Food Consumed:

Beverages Consumed:

Monday:

Food Consumed:

Beverages Consumed:

Tuesday:

Food Consumed:

Beverages Consumed: