



One Week Food Journal

Please list EVERYTHING you eat and drink in the next week. Don't leave anything off—even water. Return this to projectrightstart@earthlink.net.

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
AM Snack							
Lunch							
PM Snack							
Dinner							
Evening Snack							

Average per day

of fruits _____ # of vegetables _____ # of dairy _____ # of proteins _____ # of sweets _____ # of grains _____

Hours of exercise per week _____