fitsugar Food Journal

week of _____

	Breakfast	Lunch	Dinner	Snacks	Fruits & Veggies Eat at least 5 to 7 daily	Water Aim to drink 64 oz.
Sunday					Check off each one as you eat	Check off each glass as you drink
Monday					Check off each one as you eat	Check off each glass as you drink
Tuesday					Check off each one as you eat	cross out each glass as you drink
Wednesday					Check off each one as you eat	Check off each glass as you drink
Thursday					Check off each one as you eat	Check off each glass as you drink
Friday					Check off each one as you eat	Check off each glass as you drink
Saturday					Check off each one as you eat	Check off each glass as you drink