

WEEKLY FOOD LOG

KEEP TRACK OF WHAT YOU EAT

alexa
plan my diet

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK	EXERCISE+WATER
SUNDAY					Exercise: Daily Water Intake:
MONDAY					Exercise: Daily Water Intake:
TUESDAY					Exercise: Daily Water Intake:
WEDNESDAY					Exercise: Daily Water Intake:
THURSDAY					Exercise: Daily Water Intake:
FRIDAY					Exercise: Daily Water Intake:
SATURDAY					Exercise: Daily Water Intake:

NOTES:

