

Food Journal

The simple act of writing down what and how much we eat can have a profound effect on the way we eat. When we track our meals, snacks, and beverages, we can begin to note patterns and discover how extra calories sneak into our days. Reaching and maintaining a healthy weight reduces our risk of high blood pressure, high cholesterol, diabetes, heart disease, and stroke.

	Breakfast	Lunch	Dinner	Snacks	Beverages
Monday	Time Description	Time Description	Time Description	Time Description	Time Description
Tuesday	Time Description	Time Description	Time Description	Time Description	Time Description
Wednesday	Time Description	Time Description	Time Description	Time Description	Time Description
Thursday	Time Description	Time Description	Time Description	Time Description	Time Description
Friday	Time Description	Time Description	Time Description	Time Description	Time Description
Saturday	Time Description	Time Description	Time Description	Time Description	Time Description
Sunday	Time Description	Time Description	Time Description	Time Description	Time Description