



# Weekly Food Log

Use this log to track what you are eating throughout the day. Tracking your meals is one of the best ways to determine where your calories come from, thus gives you a way to determine where you could cut back or exchange lower calorie foods for some higher calorie foods in your diet. After a few days, review what you are eating and decide how you could make changes for a healthier overall diet.

Day	Time of Day	<b>Food Eaten</b> <small>Amount (i.e. 2 cups of pasta noodles, 3 oz. of meat)            Type of food and how it was prepared (i.e. grilled chicken, fried French fries, fresh lettuce)            Any drinks, Oils, butter, sauces, and Dressings</small>	<b>Estimated Calories</b> <small>(go to: <a href="http://www.thecaloriecounter.com">www.thecaloriecounter.com</a> to count your calories)</small>	<b>Notes or Feelings After Eating</b>
<b>Monday</b> / /				
<b>Tuesday</b> / /				
<b>Wednesday</b> / /				
<b>Thursday</b> / /				
<b>Friday</b> / /				
<b>Saturday</b> / /				
<b>Sunday</b> / /				