



# My Food Journal

Week Start Date: \_\_\_\_\_

Week End Date: \_\_\_\_\_

Use this form to track all the food and drinks you have each day.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
LUNCH							
DINNER							
SNACKS, DRINKS, misc.							
WATER (recommended 64 ounces per day)							

**important!**

- Only points entered and submitted online will be counted toward your points total.
- Points can only be entered for the current + prior week during the Challenge.