

Weekly Foodie Journal



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Date</i>							
<i>Breakfast</i>							
<i>Lunch</i>							
<i>Dinner</i>							
<i>Snacks</i>							
<i>Hun/Sat</i> Eat when obviously hungry/stop when satisfied							
<i>Exercise</i>							
<i>Water</i>							