This log will help you keep track of your eating habits. Write down each food you eat, how much you ate and the time of day of that meal or snack. (for example, large coffee with lite cream, whole wheat bread 2 slices, butter 1 teaspoon, 10 a.m.).

WEEKLY FOOD LOG

Week starting ____________________ **Goal for the week:** ____

Get the most out of this food log!

- Be honest! This is for YOU. There is no right or wrong here.
- Try to write everything down and don't forget beverages. Make that your first week's goal!
- There are many ways to use the "Goal for the week". Keep the same goal for a few weeks or change more often. Goals can be about what you eat, how much, or times of day when you eat.
- Some people find that they prefer not to eat something rather than bother to write it down.
- Review your logs every few days. You may find healthy eating patterns that you want to follow more often. For example, days when you have a piece of fruit in the afternoon you eat less at dinner.
- You may find eating habits that you would like to change. For example, instead of a whole cookie or muffin you may try eating half or a piece of fruit.

Sunday			Monday			Tuesday		
Meal/Snack Item	**Amount**	**Time**	**Meal/Snack Item**	**Amount**	**Time**	**Meal/Snack Item**	**Amount**	**Time**

STEPAHEAD TO HEALTHY EATING

Wednesday			Thursday			Friday			Saturday		
Meal/Snack Item	Amount	Time	Meal/Snack Item	Amount	Time	Meal/Snack Item	Amount	Time	Meal/Snack Item	Amount	Time

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