

# WEEKLY FOOD LOG

Week starting \_\_\_\_\_

Goal for the week: \_\_\_\_\_

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. For example: large coffee with lite cream, whole wheat bread 2 slices, butter 1 teaspoon, 10 am.

Get the most out of this food log!	Sunday			Monday			Tuesday		
	Meal/Snack Item	Amount	Time	Meal/Snack Item	Amount	Time	Meal/Snack Item	Amount	Time
<p>1. Be honest! This is for YOU.</p> <p>2. There is no right or wrong here.</p> <p>3. Try to write <u>everything</u> down. Make that your first week's goal!</p> <p>4. 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.</p> <p>5. Some people find that they prefer <u>not</u> to eat something rather than bother to write it down.</p> <p>6. Look back over your log every few days. You may find patterns of eating that you want to follow more often. Maybe at lunch time you always have vegetables and a whole grain. Can you work in something similar at dinner?</p> <p>7. You may see some eating habits that you would like to change. For example, you may find you are usually eating a large cookie or muffin. Try eating a smaller portion and a piece of fruit.</p>									



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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