SOTA
DIET & NUTRITION

Food Journal

Track your meals each week

Those who track their food let go of 50% more weight than those who don't

CLIENT NAME _____ DATE RANGE _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
	BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
TIME							
DESCRIPTION							
	SNACK Mid-Morning	**SNACK** Mid-Morning	**SNACK** Mid-Morning	**SNACK** Mid-Morning	**SNACK** Mid-Morning	**SNACK** Mid-Morning	**SNACK** Mid-Morning
TIME							
DESCRIPTION							
	LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
TIME							
DESCRIPTION							
	SNACK 3:00 P.M.	**SNACK** 3:00 P.M.	**SNACK** 3:00 P.M.	**SNACK** 3:00 P.M.	**SNACK** 3:00 P.M.	**SNACK** 3:00 P.M.	**SNACK** 3:00 P.M.
TIME							
DESCRIPTION							
	SNACK	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**
NOTES							
	DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
TIME							
OZ. PROTEIN							
DESCRIPTION							
	AFTER DINNER	**AFTER DINNER**	**AFTER DINNER**	**AFTER DINNER**	**AFTER DINNER**	**AFTER DINNER**	**AFTER DINNER**
TIME							
DESCRIPTION							
OZ. WATER							
WALK							