

Weekly Food & Exercise Journal

(EXAMPLE OF USE)

7/10 - 7/16	SUN	MON	TUES	WEDS	THURS	FRI	SAT
Breakfast	Eggs & hashbrowns	Cinnamon oatmeal	Rice Chex	Grits	Quinoa Porridge	Rice Chex	Waffles (GF)
Lunch	Turkey Sammy	PB & J	Egg Salad	Grilled cheese	Soup	Chicken Salad	Rice chex
Dinner	Bean Soup	Boston Chicken	Meatloaf & potatoes	Chicken & Spanish Rice	4 cheese Spaghetti	Chicken Stew	Chicken Chili
Snacks	Applesauce	Popcorn	Peaches	Banana Bread (GF)	PB Chex cookies (GF)	Jello	yoqurt
Logged?	X	X	X	X	X	X	X
Water							
Exercise		Cardio Walking ☆	Resistance Almost did it!	Cardio Stat. Bike	Resistance ☆	Cardio Zumba Almost finished!	
Mood							
Weight	check-in		218.4		218		217.9
Wheat?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Sleep (prev)	4 hours	6 hours	7 hours	5 hours	6 hours	5 hours	8 hours
Medications	no	digestive	no	digestive	no	no	digestive
Cycle	CD 10	CD 11	CD 12 pos opk	CD 13 maybe 0?	CD 14	CD 15	CD 16