















# Weekly Food & Exercise Journal

/ - /	SUN	MON	TUES	WEDS	THURS	FRI	SAT
Breakfast							
Lunch							
Dinner							
Snacks							
Logged?							
Water							
Exercise		Cardio Walking	Resistance	Cardio Stat. Bike	Resistance Program	Cardio	
Mood							
Weight	check-in						
Wheat?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Sleep (prev pm)	Hours	Hours	Hours	Hours	Hours	Hours	Hours
Medications							
Cycle							