



Food Log – Win in Your Eating

- *Use to track your eating. It's important to know exactly what you are eating so we can help you make changes when necessary.
- *Ask yourself The 10 Habits at each meal.
- *Each week measure up if you were compliant with the 10 habits with your goal being 90% compliant to get results.
- *Be as detailed as possible, literally record everything that goes into your mouth
- *Make sure to get accountability in your life and to be held accountable.

Nutrition Log (Week 1)

NAME: _____

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
Snack 3 Time:					

NOTES:

Nutrition Log (Week 2)

NAME: _____

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
Snack 3 Time:					

NOTES:

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
Snack 3 Time:					

NOTES:

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
Snack 3 Time:					

NOTES:
