

Goals for Week

Food & Activity Log

Write it all down!

| | Breakfast | Lunch | Evening Meal | Snacks | Activity |
|-----------|-----------|-------|--------------|--------|----------|
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

