



Tools for Better Health

Interactive Eating and Diet Journal

1. Write down the overall goals you wish to reach on the top box i.e. calories, weight loss targets, appetite control, strength training, health objectives etc.
2. Write out your eating goals for each day of the week. Including the type and amount of food, daily calorie targets and any personal notes.
3. On the second section keep track of your daily eating activities, and check them against the goals you set at the beginning of the week.
4. Each week review your progress, including your feelings and thought processes along the way. These can help you in your evaluation, and for setting future action plans.

GOALS AND OBJECTIVES:						
DAY	Weekly Breakfast Goals	Weekly Lunch Goals	Weekly Dinner Goals	Snack Ideas	Personal Notes	Calories
1						
2						
3						
4						
5						
6						
7						

WEEKLY EATING LOG:						
DAY	Breakfast	Lunch	Dinner	Snacks	Personal Notes	Calories
1						
2						
3						
4						
5						
6						
7						
Weekly evaluation & Action Plan						

GOALS AND OBJECTIVES:						
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DAY	Weekly Breakfast Goals	Weekly Lunch Goals	Weekly Dinner Goals	Snack Ideas	Personal Notes	Calories
1						
2						
3						
4						
5						
6						
7						

WEEKLY EATING LOG:		Keep track of everything you eat and drink, and try to record your thoughts and emotional responses to your eating choices along the way.				
DAY	Breakfast	Lunch	Dinner	Snacks	Personal Notes	Calories
1						
2						
3						
4						
5						
6						
7						
Weekly evaluation & Action Plan						

