

WebMD[®] Food and Fitness Journal

Studies show (and successful losers have proven) that keeping track of what you eat and your activity level is **one** of the most powerful tools to help you shed unwanted pounds and keep them off for good.

Use this printable Food & Fitness Journal or check out the [personalized WebMD Food & Fitness Planner](#) to help keep you working toward your goals.

Date _____

MY FOOD JOURNAL

Breakfast	SERVING	CALORIES
		SUBTOTAL
Mid-Morning Snack		
		SUBTOTAL
Lunch		
		SUBTOTAL
Mid-Afternoon Snack		
		SUBTOTAL
Dinner		
		SUBTOTAL
Evening Snack		
		SUBTOTAL
TOTAL CALORIES FROM FOOD		

MY FITNESS JOURNAL

Activity	DURATION	CALORIES
TOTAL CALORIES FROM FITNESS		

Food Journal

Name _____

Week of _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water
Sunday							1 2 3 4 5 6 7 8
Monday							1 2 3 4 5 6 7 8
Tuesday							1 2 3 4 5 6 7 8
Wednesday							1 2 3 4 5 6 7 8
Thursday							1 2 3 4 5 6 7 8
Friday							1 2 3 4 5 6 7 8
Saturday							1 2 3 4 5 6 7 8



