

# Eating Tracking Log

## Eating Tracking Log

Date: \_\_\_\_\_

Monday or Day 1

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For Breakfast: (Glass of orange juice/bowl of corn flakes with a sliced banana, some raisins and skim milk/cup of coffee with cream and sugar.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Tuesday or Day 2

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For a Snack after Breakfast: (Danish pastry/cup of coffee with cream and sugar.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Wednesday or Day 3

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For Lunch: (Turkey sandwich on whole wheat bread with lettuce, tomato and mayonnaise/side of French fries/soft drink/piece of apple pie with ice cream.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Thursday or Day 4

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For a Snack after Lunch: (A bottle of fruit juice/a protein bar.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Friday or Day 5

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For Dinner: (Green salad with ranch dressing/steak [8 oz. New York strip] with baked potato, sour cream, bacon bits and chives/steamed broccoli with a cheese sauce/two pieces of toasted garlic bread/two glasses of red wine [no dessert]).

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Saturday or Day 6

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example For an After Dinner Snack: (Dish of vanilla ice cream/two handfuls of bridge mix.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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## Eating Tracking Log

Date: \_\_\_\_\_

Sunday or Day 7

SEPARATE INDIVIDUAL ITEMS WITH COMMAS “,” OR SLASHES “/”

An Example of a 3:00 a.m. Snack: (Glass of milk/two chocolate chip cookies.)

**Breakfast** *(Including Snacks Before Breakfast and Between Breakfast and Lunch)*

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**Lunch** *(Including Snacks Between Lunch and Dinner)*

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**Dinner** *(Including Snacks Between After Dinner and Going to Bed)*

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Reflecting back on your week, what percentage of the food you consumed would you consider “healthy” or Nutritionally Intelligent choices and what percentage would you consider to be “unhealthy” or Nutritionally Un-Intelligent choices?

% Healthy \_\_\_\_\_ % Unhealthy \_\_\_\_\_