

# WebMD<sup>®</sup> 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		
Dinner		
		SUBTOTAL
Evening Snack		
		SUBTOTAL
<b>TOTAL CALORIES FROM FOOD</b>		

## MY FITNESS JOURNAL

Activity	DURATION	CALORIES
<b>TOTAL CALORIES FROM FITNESS</b>		

# Food Journal

Name \_\_\_\_\_

Week of \_\_\_\_\_

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



