

WEEKLY DIET LOG

It is sometimes best to focus on 2 to 5 small changes in your diet rather than get too complicated. The Weekly Log below focuses four factors chosen as keys for the coming week. The next page will give you a clean copy to pick your own areas of focus. Ideas to consider are a) Lean meat choice b) No sugar or cream in coffee, c) Nothing Out of a Box, d) No Food after 7 pm, e) No candy and f) No fried food.

B is for Breakfast; L is for Lunch; D is for Dinner.

Name: _____ Date: _____ Score: _____

	Take Time Eating			No Sugar in Drinks			Veggies First on Plate			Fresh Food		
	B	L	D	B	L	D	B	L	D	B	L	D
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												