

Food Tracker

Week of: _____

Breakfast

Lunch

Dinner

Snacks

Drinks

Notes

M	😊 😊 😞						
T	😊 😊 😞						
W	😊 😊 😞						
T	😊 😊 😞						
F	😊 😊 😞						
S	😊 😊 😞						
S	😊 😊 😞						

Things to consider in your notes:

Did you eat something you didn't mean to? | Did you eat in front of a screen? | Do you feel satisfied/overfull/hungry?

Were you in a social situation that made food choices difficult? | What were your portion sizes like?