

# LIFE TAKES PRACTICE™ - WEEKLY FOOD DIARY

This weeks food goals:

Date:

- 1.
- 2.
- 3.

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER	_____ ounces	_____ ounces	_____ ounces	_____ ounces	_____ ounces	_____ ounces	_____ ounces