

# FOOD AND WATER LOG

**Use this chart to track your progress.**

**Sometimes you just need to use a pen and paper to really see what is going on.**

I feel so connected to the things I am writing with my hands. Holding the pen and feeling the paper underneath. I love apps. I use them every day. But sometimes, to get down to the nitty gritty, you have to feel it.

- This chart is to help you see what and when you eat on a consistent basis.
- Write in the date.
- Add in a quick description of each meal or snack
- Add in how many glasses of water you have had throughout the day.

This is for you. Make adjustments when you find patterns that you could improve upon. Try to create good habits and consistent timing on meals to help make it to your goals.

An example how how you can use this meal log.

Writing down what you eat is a great way to keep yourself accountable and on track.

A simple less stressful way of tracking your meals compared to counting macros.

Add in any notes that could help you throughout your journey.

Have fun and Eat Well!

Date: Nov. 5, 2019

Am I Going To Try Hard Today?  
 YES! *I Got This!*     NOPE *Special Occasion!*

BREAKFAST: 3 Eggs + Cinnamon oatmeal

SNACK: Almonds

SNACK: Apple + Almond Butter

LUNCH: Chicken Salad, Balsamic Dressing

SNACK: Protein Shake

DINNER: Salmon + Asparagus, Side Salad

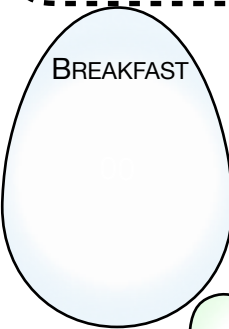
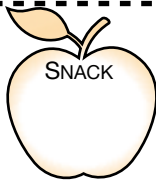
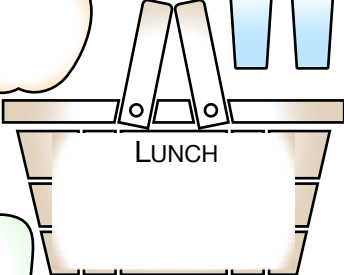


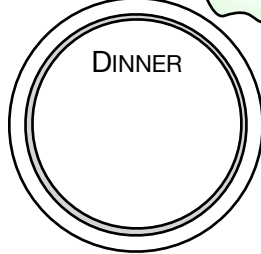
Did I Do Well Today?  
 YES!     NOPE  
*Do It Again! Tomorrow Is Another Day!*

Water intake: 8 glasses (all checked)

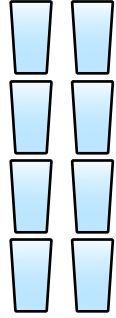


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*     NOPE *Special Occasion!*

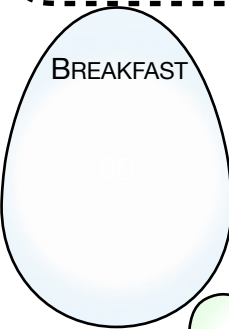
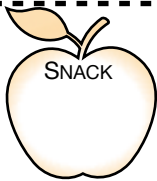
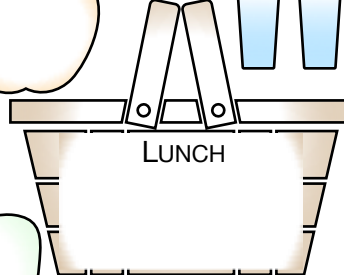


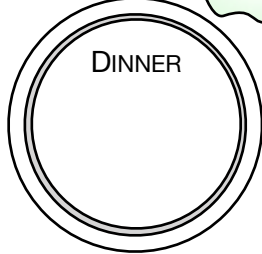







Did I Do Well Today?  
 YES!     NOPE  
*Do It Again! Tomorrow Is Another Day!*

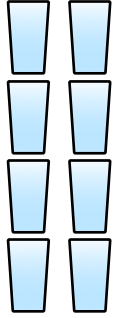


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*     NOPE *Special Occasion!*

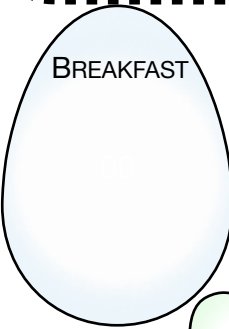

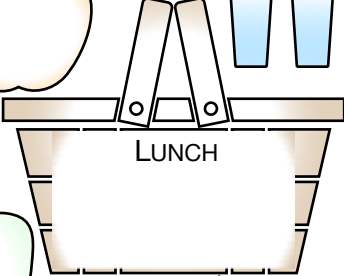


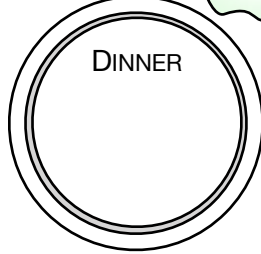







Did I Do Well Today?  
 YES!     NOPE  
*Do It Again! Tomorrow Is Another Day!*

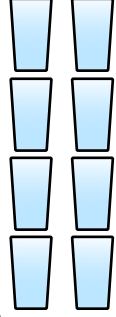


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*     NOPE *Special Occasion!*

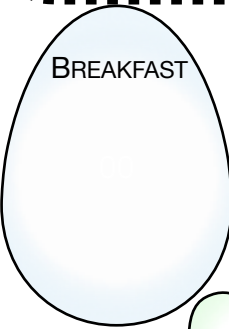
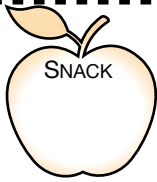
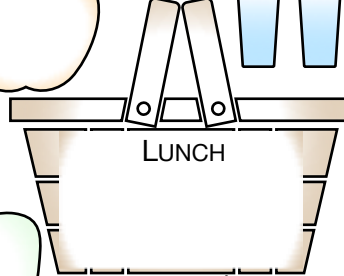


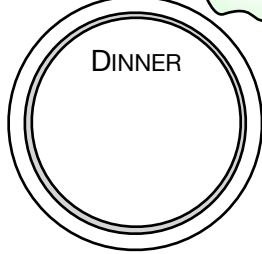







Did I Do Well Today?  
 YES!     NOPE  
*Do It Again! Tomorrow Is Another Day!*

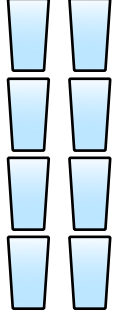


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*     NOPE *Special Occasion!*

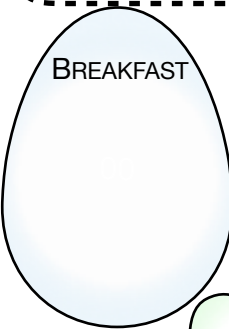
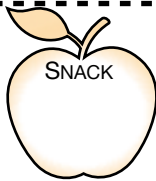
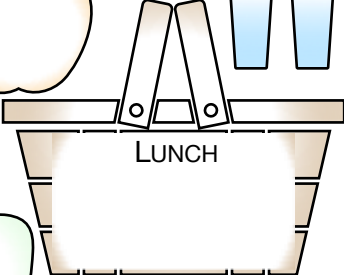


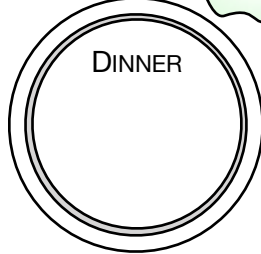







Did I Do Well Today?  
 YES!     NOPE  
*Do It Again! Tomorrow Is Another Day!*

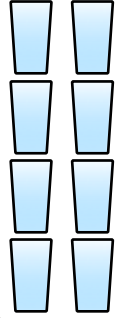


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*  NOPE *Special Occasion!*

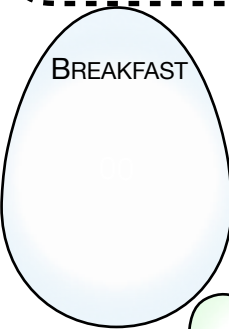
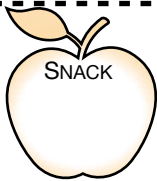
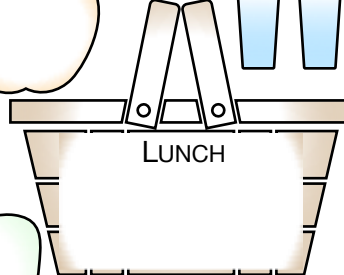


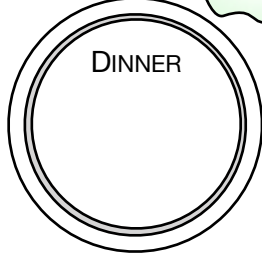







Did I Do Well Today?  
 YES!  NOPE  
*Do It Again! Tomorrow Is Another Day!*

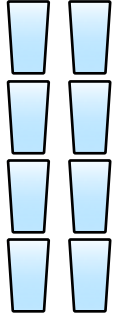


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*  NOPE *Special Occasion!*

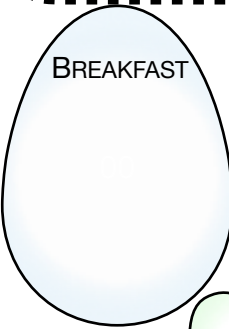

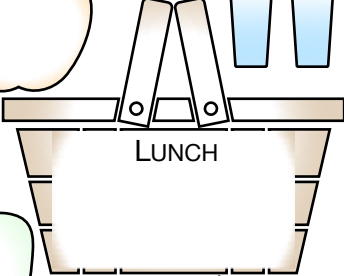


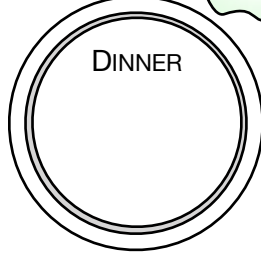







Did I Do Well Today?  
 YES!  NOPE  
*Do It Again! Tomorrow Is Another Day!*

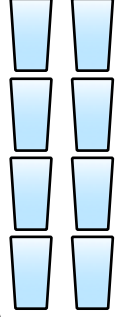


Date: \_\_\_\_\_

Am I Going To Try Hard Today?  
 YES! *I Got This!*  NOPE *Special Occasion!*

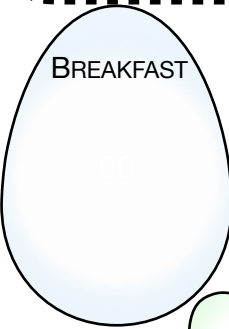
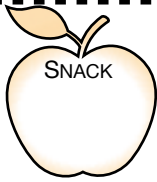
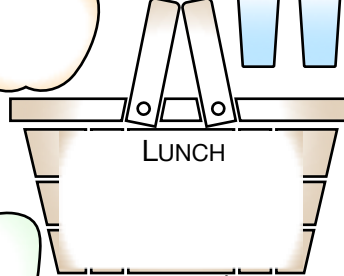


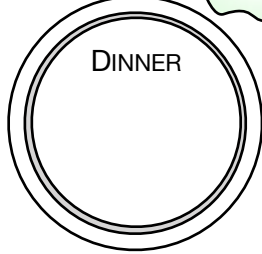







Did I Do Well Today?  
 YES!  NOPE  
*Do It Again! Tomorrow Is Another Day!*



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

Am I Going To Try Hard Today?  
 YES! *I Got This!*  NOPE *Special Occasion!*

Did I Do Well Today?  
 YES!  NOPE  
*Do It Again! Tomorrow Is Another Day!*

