

<b>Your Weekly Food Journal</b>							
<b>Week: ____</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b> 300 to 400 calories (Note your hunger level after each meal)							
<b>Snack</b> About 100 calories (If you're not hungry, skip it!)							
<b>Lunch</b> 400 to 550 calories							
<b>Snack</b> 100 to 200 calories							
<b>Dinner</b> 400 to 600 calories							

<b>Snack</b> 100 to 150 calories <i>(Work in desserts and treats when you really want them and they're damn worth it!)</i>							
<b>Water</b>							
<b>Alcohol/Oops!</b>							
<b>Exercise</b>							