


# Tracking Your "Energy In"

Name: \_\_\_\_\_ Week: \_\_\_\_\_

Write down everything you eat for at least 5 days.



	<b>Morning</b> Include snack according to time of day	<b>Midday</b> Include snack according to time of day	<b>Evening</b> Include snack according to time of day
<b>Example</b>	8 oz yogurt, 1 slice whole wheat bread with light cream cheese Snack: peach	Turkey sandwich on WW bread, lettuce, tomato, red onion, carrots, water Snack: 1/4 cup almonds	1 piece BBQ Chicken Pizza, salad, non-fat milk 1/2 cup of cucumber slices Snack: 1/2 cup frozen yogurt
<b>Monday</b>			
<b>Tuesday</b> 			
<b>Wednesday</b>			
<b>Thursday</b> 			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b> 			