



Food and Exercise Journal

Sensible Steps to a  
Healthier Weight



# Week 1

**TIP:** Exercise increases your metabolism and burns excess fat.  
Be sure to include both aerobic and resistance activities.

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

DAY	MEALS	SNACKS	EXERCISE
SUN	Breakfast		
	Lunch		
	Dinner		
MON	Breakfast		
	Lunch		
	Dinner		
TUES	Breakfast		
	Lunch		
	Dinner		
WED	Breakfast		
	Lunch		
	Dinner		
THURS	Breakfast		
	Lunch		
	Dinner		
FRI	Breakfast		
	Lunch		
	Dinner		
SAT	Breakfast		
	Lunch		
	Dinner		

Track your weekly progress and reward yourself for excellent progress.

REWARDS



# Week 3

**TIP:** Save an average of 110-150 calories by drinking water or a no-calorie or low-calorie beverage instead of sugar-sweetened sodas.

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

DAY	MEALS	SNACKS	EXERCISE
SUN	Breakfast		
	Lunch		
	Dinner		
MON	Breakfast		
	Lunch		
	Dinner		
TUES	Breakfast		
	Lunch		
	Dinner		
WED	Breakfast		
	Lunch		
	Dinner		
THURS	Breakfast		
	Lunch		
	Dinner		
FRI	Breakfast		
	Lunch		
	Dinner		
SAT	Breakfast		
	Lunch		
	Dinner		

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REWARDS



# Week 5

**TIP:** Save an average of 120 calories by snacking on a small piece of fruit instead of a candy bar.

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

DAY	MEALS	SNACKS	EXERCISE
SUN	Breakfast		
	Lunch		
	Dinner		
MON	Breakfast		
	Lunch		
	Dinner		
TUES	Breakfast		
	Lunch		
	Dinner		
WED	Breakfast		
	Lunch		
	Dinner		
THURS	Breakfast		
	Lunch		
	Dinner		
FRI	Breakfast		
	Lunch		
	Dinner		
SAT	Breakfast		
	Lunch		
	Dinner		

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REWARDS



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