Weekly Food Journal

Penn Healthy You

WebMD Health Services

Starting a food journal can help you keep track of your eating habits and find the best path toward your personal nutrition goals.

Get started with these tips:

Know where you are
Get a picture of your current eating habits. Eat as you normally do for two days and record your meals.

Adjust as needed
If your healthy eating plan isn't working, change it up with new vegetables, whole grains, herbs and spices.

Stay the course
If you fall out of your healthy eating habits, learn from your mistakes and try again!

Set goals
Setting short-term goals helps you stay motivated and on track toward your long-term goals.

- Write down your long-term goal(s):
- List your short-term goal(s):

Month	Timeline	Short-term goals
	Monthly goal	
	Week 1	
	Week 2	
	Week 3	
	Week 4	

Record what you eat

Use the food journal below to write down what and how much you eat. If you prefer, you can also use the Balance Your Diet Plan from the Daily Habits tool, powered by WebMD.

Servings	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Fruit (Cups)							
Vegetables (Cups)							
Grains (oz)							
Protein (oz)							
Dairy (Cups)							
Fats and oils (tsp)							

What interfered or helped with reaching my goals?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Other notes, observations and thoughts:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

What interfered or helped with reaching my goals?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Other notes, observations and thoughts:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday