Food and Fitness Journal

Studies show (and successful losers have proven) that keeping track of what you eat and your activity level is one of the most powerful tools to help you shed unwanted pounds and keep them off for good.

Use this printable Food & Fitness Journal or check out the personalized WebMD Food & Fitness Planner to help keep you working toward your goals.

# MY FOOD JOURNAL

Date

Breakfast SERVING CALORIES

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |
|  |  |  |
|  |  | SUBTOTAL |  |

Mid-Morning Snack

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  | SUBTOTAL |  |

Lunch

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |
|  |  |  |
|  |  | SUBTOTAL |  |

Mid-Afternoon Snack

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |  |

Dinner

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |
|  |  |  |
|  |  | SUBTOTAL |  |

Evening Snack

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  | SUBTOTAL |  |
| **TOTAL CALORIES FROM FOOD** | |  | |

# MY FITNESS JOURNAL

Activity DURATION CALORIES

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**TOTAL CALORIES FROM FITNESS**

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