*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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