




My 7 day food journal

Next steps

1. Download 
2. Print
3. Fill in

The calories check tool on the NHS website can help you work out carbs/fat/calories for certain foods
www.nhs.uk/live-well/healthy-weight/calorie-checker/

Day 1 Start date Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 2

Start date

Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 3 Start date Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 4 Start date Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 5 Start date Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 6

Start date

Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:



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Day 7 Start date Day of the week

Meal	Food/Drink	Carbs	Fat	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Totals for the day:				

Did you drink 8 glasses of water today? Yes No How many did you drink? _____

Review of the day:
