

Name: _____

Date: _____ to _____

Employee initials _____

WEEKLY FOOD JOURNAL



RE-GEN-U

Day/Date	Breakfast w/in 1 hour of waking 6-8 OZ Water	Snack (optional)	Lunch	Snack (optional)	Dinner	PM Snack 2 Hours before bed	Water OZ	Exercise	My Day Scale 1-10
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			
W _____ S _____	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: Carbs:	Time: Items: OZ Of Protein:	Time: Items: Carbs:			

Cravings last about 15 minutes. Distract yourself by drinking a bottle of water, going for a walk, writing a note or card to a friend, or writing down 1 reason why cheating is not more important than reaching your goal.