

# Food Journal



<u>Date</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Snack</u>
Monday _____						
Tuesday _____						
Wednesday _____						
Thursday _____						
Friday _____						
Saturday _____						
Sunday						

—						
---	--	--	--	--	--	--

*Please turn in this completed food journal on your scheduled weigh-in day.*



# Crosstrain Fitness L.L.C.

Weight Loss and Workout Center