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MY ONE WEEK FOOD JOURNAL TRACKER

Use this for seven days to build the habit. The book asks you to log the review, a protein estimate, dinner planning, and one improvement for tomorrow.

Week starting:

What I want to notice:

Day 1

☐

Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 2

☐

Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 3

☐

Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 4

☐

Photo / review done

Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.

Take Charge!

Your Journey to Better Health & Fitness

BOOK TWO DOWNLOAD

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 5

☐ Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 6

☐ Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

Day 7

☐ Photo / review done

Protein estimate

Dinner planned / balanced

One improvement for tomorrow:

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