


# 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/](http://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				
<b>Totals for the day:</b>				

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

Review of the day:

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\_\_\_\_\_

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**Day 3** Start date  Day of the week

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

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				
<b>Totals for the day:</b>				

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				
<b>Totals for the day:</b>				

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

Review of the day:

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\_\_\_\_\_

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**Day 6** Start date  Day of the week

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

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:

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