








Healthy Steps Weekly Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Water							
Exercise							

Instructions

- Record all food and drink intake.
- Be sure to include any “extras” added to the meal such as butter, oils, salad dressing, mayonnaise, sour cream, sugar and ketchup.
- Include the brand name of the food, if possible.
- Be sure to include the portion size and amounts eaten.

Example

Instead of ham and cheese sandwich, grapes, yogurt, milk be more specific: 2 slices white bread with 1 deli slice of ham, 2 slices American cheese, 1 tablespoon mayonnaise, 1 tablespoon mustard, 1 cup grapes, ½ 8 ounce container Strawberry Fruit on the Bottom yogurt by Dannon, 8 ounces 1% milk, plain.