

Weekly Food Journal Summary

Identify patterns and plan adjustments

Week of: _____

Daily Summary

Day	Breakfast	Lunch	Dinner	Snacks	Calories
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Average Calories:

Observations & Trends

Patterns noticed (weekday vs weekend, high/low calorie days):

Meals that kept me most satisfied:

Snacking triggers or emotional eating observations:

Challenges & Strategies That Worked

Goals for Next Week

1. One specific dietary change I will make:

2. One habit I will continue:

3. Calorie target for next week:
