WEIGHT LOSS CHALLENGE FOOD/DRINK LOG

Name: _____ Week of: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Amount of water (in ounces) drank							
Amount (in grams) of protein eaten							
Number of calories consumed							
Amount of exercise (in minutes)– include type							

Food/Drink Log:
Write down everything you eat and drink.