



Weekly Journal

Dates: _____ thru _____

Exercise

Weight

Day 1 Meals

Cups of Water

Day 2 Meals

Cups of Water

Day 3 Meals

Cups of Water

Day 4 Meals

Cups of Water

Day 5 Meals

Cups of Water

Day 6 Meals

Cups of Water

Day 7 Meals

Cups of Water