BURNFAT / FREE PRINTABLE

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 1 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 2 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 3 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 4 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 5 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 6 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.

Your seven-day food journal

Record what you ate, note your activity, and notice what works for you.

DAY 7 Date: _____

Include drinks and portion notes. Leave fields blank if they are not useful.

Breakfast

Foods, drinks and portions

Lunch

Foods, drinks and portions

Dinner

Foods, drinks and portions

Snacks & drinks

Foods, drinks and portions

Activity

Record once per day: movement, steps or a workout, if relevant.

One observation for tomorrow

What was easy? What could make the next day simpler?

A blank habit journal, not a calorie target or medical nutrition plan. Keep your completed copy private.
Use it on paper or in a PDF annotation app. The file does not send your entries to BurnFat.