

WebMD[®] Food and Fitness Journal

Studies show (and successful losers have proven) that keep track of what you eat and your activity level is one of the most powerful tools to help you shed unwanted pounds and keep them off for good.

Use this printable Food & Fitness Journal or check out the [personalized WebMD Food & Fitness Planner](#) to help keep you working toward your goals.

Date _____

MY FOOD JOURNAL

Breakfast	SERVING	CALORIES
		SUBTOTAL
Mid-Morning Snack		
		SUBTOTAL
Lunch		
		SUBTOTAL
Mid-Afternoon Snack		
Dinner		
		SUBTOTAL
Evening Snack		
		SUBTOTAL
TOTAL CALORIES FROM FOOD		

MY FITNESS JOURNAL

Activity	DURATION	CALORIES
TOTAL CALORIES FROM FITNESS		