



Food Journal

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Sun

Mon

Tue

- Veggies
- Fruit
- Good Fat
- Protein
- Carb

- Veggies
- Fruit
- Good Fat
- Protein
- Carb

- Veggies
- Fruit
- Good Fat
- Protein
- Carb

	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Cravings			
Water			
Sleep			
Hunger Level*			

*(1= I could eat 5=I could eat my hand)



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Wed

Thur

Fri

Sat

	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb	<input type="checkbox"/> Veggies <input type="checkbox"/> Fruit <input type="checkbox"/> Good Fat <input type="checkbox"/> Protein <input type="checkbox"/> Carb
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Weekly Update

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How much did you think about what you were eating?

Did you have any cravings ?

If yes, when did you have these cravings?

Did I learn anything this week?