

WEIGHT WATCHERS FOOD JOURNAL

Week of _____ through _____

Breakfast

Lunch

Dinner

Snack

| | Breakfast | Lunch | Dinner | Snack |
|-----------|-----------|-------|--------|-------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Notes | | | | |