

// 7 DAY FOOD JOURNAL

Keep track of the way you fuel your body for the next seven days so we can create a food plan that optimizes your health while incorporating your favourites!

// DAY 1

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“  
*Do something today  
that your future self will  
thank you for...*  
”

Training it right to be the best version of YOU starts with fueling your body right. Together we will create a food plan that includes food that you enjoy while optimizing nutrition and energy!



// DAY 2

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“

*Drink all the water,  
per all the time*

”

// DAY 3

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“

*Strive for progress,  
not perfection...*

”

// DAY 4

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“  
*Water, black coffee,  
and herbal tea are your  
best beverage options*  
”

// DAY 5

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“  
*Make it a lifestyle  
not a diet...*  
”

// DAY 6

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“  
*Fresh herbs and spices are great to add to your meals*  
”

// DAY 7

Time	Food / Beverage - Including portion size



Cross out one glass for each glass of water you drink

“  
*Stop saying I wish and start saying I will...*  
”

Congratulations! You've recorded your food and beverage choices for the past seven days. Now together we can create a meal plan that will fuel your body as you work towards your goal of health, strength and general wellness. Let's embark on the next steps of your quest for the best YOU!