Food journal to accompany Tweak-a-Week™

Date_____ **Weight**_____ **Body Fat** _____

This week's tweak _____

FOOD JOURNAL	TIME	CALS	PROT	FAT	CHOL	CARB	FIBER	SOD

WATER

SUPPLEMENTS: **Multi-Vitamin** ☐ **Vitamin D** ☐ **Calcium** ☐ **Magnesium** ☐

FITNESS LOG:	
	# STEPS

SLEEP QUALITY:	
	# HOURS

MIND/BODY/HEALTH NOTES: