

THIS WEEK, I COMMIT TO: _____ DATE _____/_____/_____

1 _____

M T W T F S S

2 _____

M T W T F S S

3 _____

M T W T F S S

4 _____

M T W T F S S

5 _____

M T W T F S S

6 _____

M T W T F S S

Weekly assessment: _____ WEIGHT: _____

Weekly activity tracker:

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

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FOOD JOURNAL TUESDAY DATE _____/_____/_____

Water *WHOLE GRAINS* Y/N *MILK* *OIL*

FRUIT *VEGETABLE* *PROTEIN* *VIT*

<i>DESCRIPTION</i>	<i>TIME</i>	<i>+/-</i>	<i>Balance</i>	<i>FF</i>

Hunger tracker TIME

<i>FULL</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>SATISFIED</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>HUNGRY</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY PERFORMANCE

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FOOD JOURNAL

WEDNESDAY Date/...../.....

Water WHOLE GRAINS Y/N MILK OIL

FRUIT VEGETABLE PROTEIN VIT

DESCRIPTION TIME +/- BALANCE FF

Table with 5 columns: DESCRIPTION, TIME, +/-, BALANCE, FF. Multiple empty rows for data entry.

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HUNGER TRACKER TIME

Grid for hunger tracking with rows labeled FULL, SATISFIED, HUNGRY and 12 columns.

DAILY PERFORMANCE

FOOD JOURNAL

MONDAY Date/...../.....

Water WHOLE GRAINS Y/N MILK OIL

FRUIT VEGETABLE PROTEIN VIT

DESCRIPTION TIME +/- BALANCE FF

Table with 5 columns: DESCRIPTION, TIME, +/-, BALANCE, FF. Multiple empty rows for data entry.

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HUNGER TRACKER TIME

Grid for hunger tracking with rows labeled FULL, SATISFIED, HUNGRY and 12 columns.

DAILY PERFORMANCE

FOOD JOURNAL

THURSDAY Date/...../.....

Water WHOLE GRAINS Y/N MILK OIL

FRUIT VEGETABLE PROTEIN VIT

DESCRIPTION

TIME

+/-

BALANCE FF

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HUNGER TRACKER
TIME

FULL

SATISFIED

HUNGRY

DAILY PERFORMANCE

FOOD JOURNAL

SATURDAY Date/...../.....

Water WHOLE GRAINS Y/N MILK OIL

FRUIT VEGETABLE PROTEIN VIT

DESCRIPTION

TIME

+/-

BALANCE FF

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HUNGER TRACKER
TIME

FULL

SATISFIED

HUNGRY

DAILY PERFORMANCE

