**Calorie Counter Food Log**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Websites to help you find how many calories are in the foods you are eating.

<http://www.myfitnesspal.com/>

<http://caloriescount.com/foodcalculator.aspx?AspxAutoDetectCookieSupport=1>

<http://www.calorieking.com/foods/>

**Directions: Due February 12th**

1. **Record the food you eat for 7 days.**
2. **Record the amount of calories in the food you eat.**
	1. **Total each day at the bottom of the chart**

**Food Log Day 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 2:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 3:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 4:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 4:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 5:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 5:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 6:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 6:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 7:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Total Calories for the Day 7:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**