## **COMFORT FOOD DIET TRACKING**

DAT	F٠		

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast	Calories	Breakfast	Calories	Breakfast	Calories	Breakfast	Calories	Breakfast	Calories	Breakfast	Calories	Breakfast	Calories
TOTAL:		TOTAL:		<u>TOTAL:</u>		TOTAL	<u>.:</u>	TOTAL	<u>.:</u>	<u>TOTAL</u>	<u>:</u>		<u>TOTAL:</u>
Lunch	Calories	Lunch	Calories	Lunch	Calories	Lunch	Calories	Lunch	Calories	Lunch	Calories	Lunch	Calories
TOTAL:	TOTAL: TOTAL:		TOTAL:		TOTAL:		TOTAL:				TOTAL:		
Dinner	Calories	Dinner	Calories	Dinner	Calories	Dinner	Calories	Dinner	Calories	Dinner	Calories	Dinner	Calories
TOTAL		TOTAL:		TOTAL:		TOTAI	<u>.</u>	TOTAI	<u>-</u> :	TOTAL	<u>.:</u>		TOTAL:
Snack	Calories	Snack	Calories	Snack	Calories	Snack	Calories	Snack	Calories	Snack	Calories	Snack	Calories
TOTAL:				TOTAL:		TOTAL	<u></u>	TOTAL	<u></u>	TOTAL	<u></u>		TOTAL:
DAILY TOTAL: _	· · · · · · ·	DAILY TOTAL: _		DAILY TOTAL: _	· · · · · · · · ·	DAILY TOTAL:		DAILY TOTAL:		DAILY TOTAL:		DAILY TO	TAL:
Workouts/Activities:		Workouts/Activities:		Workouts/Activities:		Workouts/Activities:		Workouts/Activities:		Workouts/Activities:		Workouts/Activ	vities:
	<del></del>				<del></del>								