2019-20 WOW! Food Tracking Log

Week: ____ of 8 Date: _____ Name: _____

Please record all food and drink consumed each day. Try to give an idea of how much you are eating and drinking every day. (e.g. 2 slices of bread, 2 tablespoons of beans, etc.) Please complete eight weeks' worth of food tracking.

Once all eight weeks are complete, please return completed forms to District Office, Attention: WellOnaWay!
Deadline for forms: May 15, 2020

***Online tracking can be completed and a printout out can be sent to the district office in replace of this form.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-morning							
Lunch							
Mid-Afternoon							
Evening							
Bedtime							
Water (Enter an x on each line for every 8 ounces of water consumed.)	— — — — — — — — — —	— — — — — — — — — —	— — — — — — — — — —	— — — — — — — — — —	— — — — — — — — — —	— — — — — — — — — —	— — — — — — — — — —