



FIT FIRST RESPONDERS
FIT FOR DUTY. FIT FOR LIFE.

FITFIRSTRESPONDERS.ORG

Food Log – Win in Your Eating

- *Use to track your eating. It's important to know exactly what you are eating so we can help you make changes when necessary.
- *Ask yourself The 10 Habits at each meal.
- *Each week measure up if you were compliant with the 10 habits with your goal being 90% off of your compliant sheet.
- *Be as detailed as possible, literally record everything that goes into your mouth.
- *Make sure to get over to the fb FIT FOR DUTY. FIT FOR LIFE. page to be held accountable or with any questions.

www.FFRONLINE.tv

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
Snack 3 Time:					

NOTES:

Nutrition Log (Week 2)

NAME: _____

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Time:					
Snack 1					
Time:					
Lunch					
Time:					
Snack 2					
Time:					
Dinner					
Time:					
Snack 3					
Time:					

NOTES:

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Time:					
Snack 1 Time:					
Lunch Time:					
Snack 2 Time:					
Dinner Time:					
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