



7-Day Diet, Nutrition, and Lifestyle Journal

Instructions:

- Fill out each section daily to track your diet, nutrition, and lifestyle habits.
- Be honest and detailed to get the most accurate understanding of your habits.
- Reflect at the end of the week on patterns and areas for improvement.

Day []

1. Meals and Snacks

Time	Meal/Snack	Foods & Beverages Consumed	Portion Size	Notes (e.g., cravings, fullness level)
	Breakfast			
	Snack			
	Lunch			
	Snack			
	Dinner			
	Evening Snack			

2. Hydration

- Total water intake: [] ounces/liters
- Other beverages (type and amount): []

3. Physical Activity

Time	Type of Activity	Duration	Intensity Level (Low, Moderate, High)	Notes

4. Sleep

- Total hours of sleep: []
- Sleep quality (Good, Fair, Poor): []
- Notes (e.g., bedtime, wake-up time, disturbances):

5. Stress and Mood

- Stress level (1–10): []
- Mood (e.g., happy, anxious, irritable): []
- Notes (e.g., triggers, coping strategies):

6. Supplements and Medications

Time	Supplement/ Medication	Dosage	Notes (e.g., purpose, side effects)

7. Reflection

- Biggest success of the day: []
- Area to improve: []
- Overall summary of the day: []

End-of-Week Reflection

1. Patterns Observed:

- Positive habits:
- Areas needing attention:

2. Improvements for Next Week:

- Actionable steps:

3. Overall Week Summary:

- Successes:
- Challenges:

This journal can be duplicated for each day and filled in either digitally or printed for manual use.