Weekly food check-in

Week of _____

Five minutes, once a week. Log at least one meal a day, then fill this in. No scores and nothing to add up: any number counts, and a missed day is not a reset.

MEALS LOGGED THIS WEEK

_____ any number counts

DAYS WITH AT LEAST ONE MEAL LOGGED

M T W T F S S

One thing that went well

One pattern I noticed

A day, a time, a place, a mood. “Nothing yet” is a valid answer.

One small thing to try next week

Small enough to keep: “add a vegetable side to the same lunch”, not “stop eating late”.

What made logging hard this week

No judgement, just a fact.

A habit aid, not medical or nutrition advice. If food or tracking is causing you worry, or you are managing a medical condition, talk to a health professional.