

# Daily Food Log

Day # \_\_\_\_\_ Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Member ID: \_\_\_\_\_

Date: \_\_\_\_\_

How I did today (check one):  Fantastic  Great  OK  Will do better

Time	Food/Beverage	Amount	Calories/WW Points	
Totals:				

Check the number of 8 oz glasses of water consumed: 

Notes:

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Please make a copy to keep for your records.