

**Date:**\_\_\_\_\_ **Week Day (select one):** Mon. / Tues. / Wed. / Thurs. / Fri. / Sat. / Sun.

**Water (no. of 8 oz. glasses):** \_\_\_\_\_

**Instructions for use:** *This Food Journal worksheet enables you to quickly and easily record the foods and beverages you consume. It is designed for you to print, as many copies as you want, and take with you to record entries manually when the MyHealthVet site is not readily available. Each worksheet is intended for a single day. When the worksheets are completed, use them as a guide for adding entries to your online My HealthVet Food Journal.*

1. Enter the date for this journal entry and circle the day of the week corresponding to the date entered.
2. Record the number of 8 oz. glasses of water you drank on this day. (Recommended 6 – 8/day).
3. Enter the number of servings or size of the serving for food or beverage items in the appropriate section (i.e. Serving, Food/Beverage Item). Under “Prep Method” select a modifier that would help in further distinguishing the food you have eaten (i.e. grilled, baked, fried...).
4. Enter this information on the MyHealthVet Food Journal.

**Comments:**

**Breakfast** **Prep Method**

**Lunch** **Prep Method**

**Dinner** **Prep Method**

**Snacks** **Prep Method**