|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wildcat Weekly Nutrition Log | | | | | | | |
| **Full Name:** | | | **Week of:** | | | | |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Fruits & Veggies** | **Total Calories** | **Water**  **(oz. or Cups)** |
| ***Monday***  **Do you regret eating anything today?** |  |  |  |  |  |  |  |
| ***Tuesday*** |  |  |  |  |  |  |  |
| ***Wed.*** |  |  |  |  |  |  |  |
| ***Thursday*** |  |  |  |  |  |  |  |
| ***Friday*** |  |  |  |  |  |  |  |