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| 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*** |       |       |       |       |       |       | [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]       |