

Restaurant Journal

Record the number of times you dine out each day. Then, total the number of times you dine out each week in the last column.

Try to dine out one less time each week.



	Sunday	+	Monday	+	Tuesday	+	Wednesday	+	Thursday	+	Friday	+	Saturday	=	Meals eaten out
Week 1		+		+		+		+		+		+		=	
Week 2		+		+		+		+		+		+		=	
Week 3		+		+		+		+		+		+		=	
Week 4		+		+		+		+		+		+		=	
Week 5		+		+		+		+		+		+		=	