|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Daily Food Journal** | | | | Date: 　 Mon Tue Wed Thu Fri Sat Sun (circle) | | | | | |
|  | | | | | | | | | |
|  | |  | | Calories | Protein (g) | Carbs (g) | Fat (g) |  |  |
|  |  | Daily Totals | |  |  |  |  |  |  |
|  |  | Calorie % Breakdown | |  |  |  |  |  |  |
|  | | | | | | | | | |
| Qty | Measure | | Food | Calories | Protein (g) | Carbs (g) | Fat (g) | Mood Before | Mood After |
|  | | | | | | | | | |
| **Breakfast** | | | | | | | | Time of Day: |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | | **Totals** |  |  |  |  |  |  |
|  | | | | | | | | | |
| **Lunch** | | | | | | | | Time of Day: |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | | **Totals** |  |  |  |  |  |  |
|  | | | | | | | | | |
| **Dinner** | | | | | | | | Time of Day: |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | | **Totals** |  |  |  |  |  |  |
|  | | | | | | | | | |
| **Snacks** | | | | | | | | Time of Day: |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
|  |  | | **Totals** |  |  |  |  |  |  |
|  | | | | | | | | | |
| **Check 8 Ounce Glasses of Water** ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ | | | | | | | | | |
|  | | | | | | | | | |
| **Day in Review** | | | | | | | | | |
|  | | | | | | | | | |
| **How Did I Do Today?** | | | | | | | | | |
| Excellent Great Ok Not Good Very Bad (circle) | | | | | | | | | |