|  |  |
| --- | --- |
| **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) |