

Food Journal

Date:

Meal	Food / Drink	Carbs	Fat	Calories	Total
					Calories
Breakfast					
Lunch					
0					
Supper					
Snacks					
Silacks					
Total for the Day					

Check 8 Ounce Glasses of Water

Day in Review



How Did I Do Today?

Excellent Great Ok Not Good Very
Bad

Circle One Option

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