

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
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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



Day in Review

How Did I Do Today?

Excellent Great Ok Not Good Very Bad (circle)