

# 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:

<b>Totals</b>								

**Lunch** Time of Day:

<b>Totals</b>								

**Dinner** Time of Day:

<b>Totals</b>								

**Snacks** Time of Day:

<b>Totals</b>								

Check 8 Ounce Glasses of Water



Day in Review

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How Did I Do Today?

Excellent    Great    Ok    Not Good    Very Bad    (circle)