Daily Food Journal

Date: Mon Tue Wed Thu Fri Sat Sun (circle)

	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Daily Totals				
Calorie % Breakdown	100%			

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						

8 oz Glasses of Water (check off)

Day in Review

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How Did I Do Today ?

❍ Excellent ❍ Great ❍ OK ❍ Not Good ❍ Totally Fell Off