



# FOOD journal

M T W T F S S / DATE: \_\_\_\_\_

## BREAKFAST

## CALORIES

## WATER INTAKE

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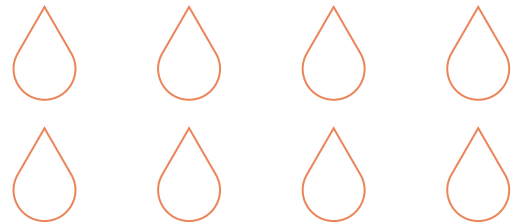
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## LUNCH

## EXERCISE

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## DINNER

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## NOTES

## SNACKS/DESSERT

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TOTAL CALORIES:



# FOOD *journal*

WEEK OF: \_\_\_\_\_

MONDAY

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CALORIES

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WATER INTAKE

TUESDAY

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EXERCISE

WEDNESDAY

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THURSDAY

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FRIDAY

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NOTES

SATURDAY

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SUNDAY

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TOTAL CALORIES: