daily FOOD JOURNAL

DATE: _____

GOAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

ACTUAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

BREAKFAST	LUNCH	DINNER	SNACKS/DESSERT
CALORIES: CARBS: PROTEIN: FATS: SODIUM:	CALORIES: CARBS: PROTEIN: FATS: SODIUM:	CALORIES: CARBS: PROTEIN: FATS: SODIUM:	CALORIES: CARBS: PROTEIN: FATS: SODIUM:

WATER INTAKE	EXERCISE	NOTES

VITAMINS TAKEN

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weekly FOOD JOURNAL

WEEK OF: _____

GOAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

ACTUAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

MONDAY

CAL: CAR:
PRO: FAT:
SOD:

TUESDAY

CAL: CAR:
PRO: FAT:
SOD:

WEDNESDAY

CAL: CAR:
PRO: FAT:
SOD:

THURSDAY

CAL: CAR:
PRO: FAT:
SOD:

FRIDAY

CAL: CAR:
PRO: FAT:
SOD:

SATURDAY

CAL: CAR:
PRO: FAT:
SOD:

SUNDAY

CAL: CAR:
PRO: FAT:
SOD:

NOTES

WATER INTAKE

VITAMINS TAKEN

EXERCISE

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