DAILY *food journal*

Date: _____

BREAKFAST

	CALORIES

LUNCH

	CALORIES

DINNER

	CALORIES

SNACKS

	CALORIES

WATER

EXERCISE

WEEKLY *food journal*

Week of: _____

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
MON					⬡⬡⬡⬡ ⬡⬡⬡⬡
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	⬡⬡⬡⬡
TUE					⬡⬡⬡⬡
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	⬡⬡⬡⬡
WED					⬡⬡⬡⬡ ⬡⬡⬡⬡
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	⬡⬡⬡⬡
THU					⬡⬡⬡⬡ ⬡⬡⬡⬡
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	⬡⬡⬡⬡ ⬡⬡⬡⬡
FRI					⬡⬡⬡⬡ ⬡⬡⬡⬡
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	**EXERCISE**
SAT					
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	
SUN					
	CALORIES:	CALORIES:	CALORIES:	CALORIES:	