## Food Journal Sheet Template

PLACE	TIME	FOOD/BEVERAGE		AMOUNT	CALORIES	RATING (1–10)	FEELINGS/ MOOD	
home	7:30 a.m.	Strawberry yogurt		6 oz.	170	3	һарру	
	DAILY ACTIV	'ITY (type and duration)		COMMENTS				
Brisk wall	k for 30 min	utes.						
PLACE	TIME	FOOD/BEVERAGE		AMOUNT	CALORIES	HUNGER RATING (1–10)	FEELINGS/ MOOD	
						100000		