### Daily Food Journal

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Calories** | **Protein (g)** | **Carbs (g)** | **Fat (g)** |
| **Daily Totals**  Calorie % Breakdown |  |  |  |  |
|  |  |  |  |

**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** |  |  |  |  |  | |

**Check 8 Ounce Glasses of Water**



**Day in Review**

**How Did I Do Today?**

Excellent Great Ok Not Good Very Bad (circle)