



# Daily Food Journal

Date: \_\_\_\_\_

Mon Tues Wed Thurs Fri Sat Sun

Food	Amount	Time/Place	Mood Before	Mood After
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

WATER CONSUMED: 1 2 3 4 5 6 7 8 Goal is 8 – 8oz glasses of water per day

Exercise / Activity	Length of Time

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Remember your body keeps an accurate journal regardless of what you write down...