

Daily FOOD JOURNAL

DAY # _____ TODAY'S DATE

_____ / ____ / ____

TIME/MEAL	FOOD/BEVERAGE	CARB	PROTEIN	FAT	NOTES
Breakfast					
Lunch					
Snack					
Dinner					
Snack					
DAILY TOTAL					
DAILY GOAL					

SLEEP THE NIGHT BEFORE

BED TIME (_____) AM / PM

OF HOURS (_____)

HOW DID YOU SLEEP?

WATER

_____ oz

SUPPLEMENTS

EXERCISE / ACTIVITY

_____ TIME (_____)

REST DAY

HOW DO I FEEL? (energy level, ability to think clearly, alertness, grogginess, etc.)

Keeping a daily journal of all your meals, snacks and activity will help ensure your success. Take a moment each day to write down what you ate, which meals and snacks were most enjoyable, and how long you stayed satisfied. Use this knowledge to build a plan for the next day and for a lifetime of success!