

# 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
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## Breakfast

Time of Day:

		<b>Totals</b>						

## Lunch

Time of Day:

		<b>Totals</b>						

## Dinner

Time of Day:

		<b>Totals</b>						

## Snacks

Time of Day:

		<b>Totals</b>						

Check 8 Ounce Glasses of Water

①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧

## Day in Review

### How Did I Do Today?

Excellent    Great    Ok    Not Good    Very Bad    (circle)