

MY FOOD JOURNAL

Date _____

Breakfast

	SERVING	CALORIES

		SUBTOTAL

Mid-Morning Snack

		SUBTOTAL

Lunch

		SUBTOTAL

Mid-Afternoon Snack

Dinner

		SUBTOTAL

Evening Snack

		SUBTOTAL

TOTAL CALORIES FROM FOOD

MY FITNESS JOURNAL

Activity

	DURATION	CALORIES

TOTAL CALORIES FROM FITNESS