

FOOD JOURNAL

Track your food, water, exercise

YOU CAN DO IT!
Success is steady progress toward one's personal goals.
DATE: _____

BREAKFAST _____
SNACK _____
LUNCH _____
SNACK _____
DINNER _____

VITAMINS/MEDS
WATER
WORKOUT/ACTIVITY _____
How do you feel? _____

DO IT!
ward one's personal goals.
DATE: _____

	CALS	PTS	CARBS
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Y _____

DO IT!
ward one's personal goals.
DATE: _____

	CALS	PTS	CARBS
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Y _____

www.thirtyhandmadedays.com
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