

# DAILY FOOD JOURNAL

Date:            Mon   Tue   Wed   Thu   Fri   Sat   Sun   (circle)

	Calories	Protein (g)	Carbs (g)	Fat (g)
<b>Daily Totals</b>				
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>						



**Day in Review**

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**How Did I Do Today?**  
 Excellent    Great    Ok    Not Good    Very Bad    (circle)