

Date _____

MY FOOD JOURNAL

Breakfast	SERVING	CALORIES
		SUBTOTAL

Mid-Morning Snack	SERVING	CALORIES
		SUBTOTAL

Lunch	SERVING	CALORIES
		SUBTOTAL

Mid-Afternoon Snack	SERVING	CALORIES

Dinner	SERVING	CALORIES
		SUBTOTAL

Evening Snack	SERVING	CALORIES
		SUBTOTAL

TOTAL CALORIES FROM FOOD