

FOOD JOURNAL

DAY:

MORNING	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBRE

LUNCH	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBRE

DINNER	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBRE