



Food Journal

date

/ /

breakfast

(approximate)
calories

☐☐☐☐

snack

total calories

lunch

(approximate)
calories

☐☐☐☐

snack

total calories

dinner

(approximate)
calories

☐☐☐☐☐

snack

total calories

healthy dailys:

glasses of water

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

healthy oils (nuts, seeds, avocado)

☐ ☐ ☐

fruits & veggies

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

milk and milk products

☐ ☐ ☐

Vitamin

☐

weekly workout plan

☐ mon

☐ tue

☐ wed

☐ thu

☐ fri

☐ sat

☐ sun

Today's calories
grand total