

FOOD JOURNAL

Track your food, water, exercise

The image shows three overlapping food journal templates. The topmost template is titled "YOU CAN DO IT!" in large, colorful letters (pink, green, orange, blue). Below the title is a quote: "Success is steady progress toward one's personal goals." and a small attribution: "-JIM ROTH". The template includes a "DATE:" field followed by a line. It has sections for "BREAKFAST", "SNACK", "LUNCH", "SNACK", and "DINNER", each with a line for notes. There are also checkboxes for "VITAMINS/MEDS" and "WATER" (with a row of eight boxes). A "WORKOUT/ACTIVITY:" section has a line for notes. At the bottom, it asks "How do you feel?" with a line. The two templates behind it are identical but partially obscured. They have additional columns for "CALS" (Calories), "PTS" (Points), and "CARBS" (Carbohydrates), each with a row of four colored boxes (pink, light blue, orange, light green). They also have a "DATE:" field and a "Y:" field with a row of four boxes.

YOU CAN DO IT!
Success is steady progress toward one's personal goals.
-JIM ROTH

DATE: _____

BREAKFAST _____

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

VITAMINS/MEDS ☐

WATER ☐☐☐☐☐☐☐☐

WORKOUT/ACTIVITY: _____

How do you feel? _____

DATE: _____

CALS _____

PTS _____

CARBS _____

Y: _____

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