My Food Journal Date:					
Meal	Food / Drink	Carbs	Fat	Calories	Total Calories
Breakfast					
	STEEL SEE				
Lunch					
Supper					
Snacks					
Total for the Day					
Day in Review:					
Have Did I Da Taday?					
How Did I Do Today? Did you Drink 8 Glasses of Water??? Excellent Great Ok Not Good Very Bad					
Encircle One Option					