

FOOD JOURNAL

Track your food, water, exercise

The image shows three overlapping food journal pages. The top page is titled "YOU CAN DO IT!" in large, colorful letters (red, green, blue, orange). Below the title is the quote "Success is steady progress toward one's personal goals." and a "DATE:" field. The page is divided into sections for "BREAKFAST", "SNACK", "LUNCH", "SNACK", and "DINNER", each with a horizontal line for notes. Below these sections are checkboxes for "VITAMINS/MEDS" and "WATER" (with eight small boxes), and a line for "WORKOUT/ACTIVITY". At the bottom, it asks "How do you feel?" with a line for a response. The middle and bottom pages are partially obscured but show similar layouts with columns for "CALC", "PTS", and "CARBS" and corresponding checkboxes.

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