

# My Food Journal

Meal	Food/Drink	Carbs	Fat	Calories	Total Calories
Breakfast					
Lunch					
Dinner					
Snacks					
Total for the day					

**Day in Review** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How did I do today?**

Excellent   Great   Ok   Not Good   Very Bad

**Did you drink 8 glasses of water?**

