

FOOD JOURNAL

Track your food, water, exercise

The image shows three overlapping pages of a food journal. The top page is the most visible and contains the following text and fields:

YOU CAN DO IT!
Success is steady progress toward one's personal goals.
DATE: _____

BREAKFAST _____

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY _____

How do you feel? _____

The middle and right pages are partially obscured but show similar headers and tracking columns for CALS, PTS, and CARBS, each with a corresponding colored checkbox (pink, light blue, orange, and light green).

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