



Food Journal

date

/ /

breakfast

(approximate) calories

- _____
- _____
- _____
- _____

snack _____

total calories _____

lunch

(approximate) calories

- _____
- _____
- _____
- _____

snack _____

total calories _____

dinner

(approximate) calories

- _____
- _____
- _____
- _____
- _____

snack _____

total calories _____

healthy dailys:

glasses of water

-

healthy oils (nuts, seeds, avocado)

-

fruits & veggies

-

milk and milk products

-

Vitamin

-

weekly workout plan

mon

tue

wed

thu

fri

sat

sun

Today's calories
grand total _____