

# FOOD JOURNAL

Track your food, water, exercise

**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?* \_\_\_\_\_

**DO IT!**  
*ward one's personal goals.*  
DATE: \_\_\_\_\_

	CALS	PTS	CARBS
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Y \_\_\_\_\_

TY \_\_\_\_\_

\_\_\_\_\_

[www.thirtyhandmadedays.com](http://www.thirtyhandmadedays.com)  
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