

# FOOD JOURNAL

Track your food, water, exercise

The image shows three overlapping pages of a food journal. The top page is the most prominent 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 green).

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