

MY FOOD JOURNAL

Date _____

Breakfast	SERVING	CALORIES
		SUBTOTAL

Mid-Morning Snack		
		SUBTOTAL

Lunch		
		SUBTOTAL

Mid-Afternoon Snack		

Dinner		
		SUBTOTAL

Evening Snack		
		SUBTOTAL

TOTAL CALORIES FROM FOOD

MY FITNESS JOURNAL

Activity	DURATION	CALORIES

TOTAL CALORIES FROM FITNESS