

# Food Journal

## for Weight Loss

Date:

S M T W T F S

BREAKFAST

Calories/ Points:

Hydration



Fitness

Four horizontal white bars for fitness tracking.

LUNCH

Time:

Calories/ Points:

Mood



DINNER

Time:

Calories/ Points:

Veggies & Fruits



SNACKS

Time:

Calories/ Points:

Gratitude

A large white rectangular area for gratitude journaling.