

Food Journal for Weight Loss

Date:

S M T W T F S

BREAKFAST

Calories/ Points:

LUNCH

Time:

Calories/ Points:

DINNER

Time:

Calories/ Points:

SNACKS

Time:

Calories/ Points:

Hydration



Fitness

Four empty horizontal bars for tracking fitness activities.

Mood



Veggies & Fruits



Gratitude

A large white box for writing gratitude messages.