

# Food Journal

Date:

S M T W T F S

BREAKFAST

Calories/ Points:

Hydration



LUNCH

Time:

Calories/ Points:

Today I Will

DINNER

Time:

Calories/ Points:

Activity

Activity tracking area with six horizontal rounded rectangular bars for writing.

SNACKS

Time:

Calories/ Points:

Veggies & Fruits



Notes

Notes section with a light blue header and a large white area for writing.

TOTALS