

Daily Food Journal

Date: _____

Meal One

Time: _____
Meal Size: _____

Hunger Scale
1 2 3 4 5 6
Starving Not Hungry

I ate....

Physical Activity

Medication Use

Protein _____
Carb _____
Cells _____
Fats _____

Meal Two

Time: _____
Meal Size: _____

Hunger Scale
1 2 3 4 5 6
Starving Not Hungry

I ate....

Physical Activity

Medication Use

Protein _____
Carb _____
Cells _____
Fats _____

Meal Three

Time: _____
Meal Size: _____

Hunger Scale
1 2 3 4 5 6
Starving Not Hungry

I ate....

Physical Activity

Medication Use

Protein _____
Carb _____
Cells _____
Fats _____

Health Goals

Notes