

FOOD AND EXERCISE JOURNAL

	MEAL	WHAT I ATE	NOTES
MONDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
TUESDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
WEDNESDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
THURSDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
FRIDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
SATURDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		

	MEAL	WHAT I ATE	NOTES
SUNDAY	BREAKFAST		
	SNACK		
	LUNCH		
	SNACK		