

FOOD JOURNAL: Make 30 copies of this page, or use this format in a notebook to record what you eat, when, and how much.

Date: \_\_\_\_\_

Breakfast

Time: \_\_\_\_\_

Food: \_\_\_\_\_

Beverage: \_\_\_\_\_

Lunch

Time: \_\_\_\_\_

Food: \_\_\_\_\_

Beverage: \_\_\_\_\_

Snack

Time: \_\_\_\_\_

Food: \_\_\_\_\_

Beverage: \_\_\_\_\_

Dinner

Time: \_\_\_\_\_

Food: \_\_\_\_\_

Beverage: \_\_\_\_\_

TOTAL SERVINGS OF:

Carbs: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_