



FOOD JOURNAL FOR _____

DATE OF BIRTH _____

Month, Day, Year			
<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>	<i>SNACK #1</i>
Time:	Time:	Time:	Time:
Location:	Location:	Location:	Location:
I'm with:	I'm with:	I'm with:	I'm with:
			I ate:
I ate:	I ate:	I ate:	
			I drank:
			I'm feeling:
I drank:	I drank:	I drank:	I'm thinking about:
			<i>SNACK #2</i>
			Time:
I'm feeling:	I'm feeling:	I'm feeling:	Location:
			I'm with:
			I ate:
I'm thinking about:	I'm thinking about:	I'm thinking about:	I drank:
			I'm feeling:
			I'm thinking about:

Month, Day, Year			
<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>	<i>SNACK #1</i>
Time:	Time:	Time:	Time:
Location:	Location:	Location:	Location:
I'm with:	I'm with:	I'm with:	I'm with:
			I ate:
I ate:	I ate:	I ate:	
			I drank:
			I'm feeling:
I drank:	I drank:	I drank:	I'm thinking about:
			<i>SNACK #2</i>
			Time:
I'm feeling:	I'm feeling:	I'm feeling:	Location:
			I'm with:
			I ate:
I'm thinking about:	I'm thinking about:	I'm thinking about:	I drank:
			I'm feeling:
			I'm thinking about: