**Date:** Mon Tue Wed Thu Fri Sat Sun (circle)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Calories** | **Protein (g)** | **Carbs (g)** | **Fat (g)** |
| **Daily Totals**  Calorie % Breakdown |  |  |  |  |
|  |  |  |  |

**Qty Measure Food Calories Protein (g) Carbs (g) Fat (g) Mood Before Mood After**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast Time of Day:** | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  | **Totals** |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lunch Time of Day:** | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  | **Totals** |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dinner Time of Day:** | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  | **Totals** |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Snacks Time of Day:** | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  | **Totals** |  |  |  |  |  | |

**Check 8 Ounce Glasses of Water**



**Day in Review**

**How Did I Do Today?**

Excellent Great Ok Not Good Very Bad (circle)

**Date 6/16/10** Mon Tue

Thu Fri Sat Sun (circle)

Wed

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Calories** | **Protein (g)** | **Carbs (g)** | **Fat (g)** |
| **Daily Totals**  Calorie % Breakdown | **1397** | **90** | **147** | **50** |
| **100%** | **26%** | **42%** | **32%** |

**Qty Measure Food Calories Protein (g) Carbs (g) Fat (g) Mood Before Mood After**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast Time of Day:** | | | | | | | | **8:00am** |
| **5** | **Whole** | **Egg Whites** | **80** | **20** | **0** | **0** | **Tired** | **Energized** |
| **1** | **Slice** | **Whole Wheat Toast** | **110** | **4** | **24** | **1** |  | |
| **1** | **Medium** | **Orange** | **60** | **0** | **15** | **0** |
|  |  |  |  |  |  |  |
|  |  | **Totals** | **250** | **24** | **39** | **1** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lunch Time of Day:** | | | | | | | | **1:00pm** |
| **4** | **Ounces** | **Grilled Chicken Breast** | **130** | **27** | **0** | **3** | **Relieved** | **Happy** |
| **2** | **Cups** | **Lettuce with Veggies** | **60** | **0** | **12** | **0** |  | |
| **1/2** | **Cup** | **Brown Rice** | **108** | **3** | **22** | **1** |
| **2** | **Tbsp.** | **Wishbone Vinaigrette** | **60** | **0** | **3** | **5** |
|  |  | **Totals** | **358** | **30** | **37** | **9** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dinner Time of Day:** | | | | | | | | **7:30pm** |
| **6** | **Ounces** | **Salmon** | **232** | **24** | **0** | **12** | **Good** | **Good** |
| **8** | **Spears** | **Asparagus** | **24** | **0** | **6** | **0** |  | |
| **1** | **Medium** | **Sweet Potato** | **100** | **2** | **24** | **0** |
|  |  |  |  |  |  |  |
|  | Time of Day | **Totals** | **356** | **26** | **30** | **12** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Snacks Time of Day:** | | | | | | | | **10am/4pm** |
| **1** | **Handful** | **Almonds** | **162** | **6** | **6** | **14** | **Ok** | **Good** |
| **1** | **Bar** | **Snickers Bar** | **271** | **4** | **35** | **14** | **Anxious** | **Guilty!** |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  | **Totals** | **433** | **10** | **41** | **28** |  | |

**Check 8 Ounce Glasses of Water**



**Day in Review**

I was very happy I ate wholesome, natural foods today, I kept my portions small, and overall my energy levels were really high. I was upset after I ate that snickers bar. I was stressed from work, need to be aware next time!

**How Did I Do Today?**

Excellent Ok Not Good Very Bad (circle)

Great

