

Daily Food Journal

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
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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)

Sample Daily Food Journal

Date 6/16/10 Mon Tue **Wed** Thu Fri Sat Sun (circle)

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

Qty	Measure	Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Mood Before	Mood After
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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 **Great** Ok Not Good Very Bad (circle)

