

FOOD JOURNAL

NAME _____ DATE _____

BREAKFAST

ITEM	CALORIES	CARBS	SODIUM	SUGARS
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
BREAKFAST TOTAL	_____	_____	_____	_____

10:00 A.M. SNACK

ITEM	CALORIES	CARBS	SODIUM	SUGARS
_____	_____	_____	_____	_____
SNACK TOTAL	_____	_____	_____	_____

LUNCH

ITEM	CALORIES	CARBS	SODIUM	SUGARS
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
LUNCH TOTAL	_____	_____	_____	_____

3:00 P.M. SNACK

ITEM	CALORIES	CARBS	SODIUM	SUGARS
_____	_____	_____	_____	_____
SNACK TOTAL	_____	_____	_____	_____

DINNER (Before 8:00 P.M.)

ITEM	CALORIES	CARBS	SODIUM	SUGARS
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
DINNER TOTAL	_____	_____	_____	_____

DAILY TOTAL FOOD NUMBERS				
	VALUES	70 GRAMS	2400 GRAMS.	50 GRAMS

DAILY STEPS _____
 DAILY WATER _____
 VEGGIES FOR THE DAY _____