

FOOD JOURNAL

| | BREAKFAST | LUNCH | DINNER | SNACK | HOW I FELT |
|-----------|-----------|-------|--------|-------|------------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |