Food Journal



Total Water (oz)=	
Total	
Calories=	
Total Sleep	
(hours)=	

Date:	
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Time	рН	Food/Drink	Calories	Water Intake (oz)	Feelings Physical and Emotional
:30					
.50					
:30					
:30					
:30					
:30					
:30					
:30					
.50					
:30					
:30					
:30					
:30					
.50					
:30					
:30					
:30					
:30					
:30					
:30					

Reflection (Challenges,	
Affirmations, New Victories):	