## Food Journal

Total Water
(oz)=
Total
Calories=
Total Sleep
(hours)= $\qquad$

| Time | pH | Food/Drink | Calories | Water Intake (oz) | Feelings <br> Physical and Emotional |
| :---: | :---: | :---: | :---: | :---: | :---: |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |
|  |  |  |  |  |  |
| :30 |  |  |  |  |  |

Reflection (Challenges,
Affirmations, New Victories):

