

# Food Journal

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

Date: \_\_\_\_\_

Time	pH	Food/Drink	Calories	Water Intake (oz)	Feelings Physical and Emotional
:30					
:30					
:30					
:30					
:30					
:30					
:30					
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:30					
:30					

**Reflection (Challenges,  
Affirmations, New Victories):**

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