

# Food Journal

Dates	Weight	Type of food & amount	Healthy Snacks	Calories	Water in oz.	Exercise
Sunday: Breakfast						
Lunch						
Dinner						
Monday: Breakfast						
Lunch						
Dinner						
Tuesday: Breakfast						
Lunch						
Dinner						
Wednesday: Breakfast						
Lunch						
Dinner						
Thursday: Breakfast						
Lunch						
Dinner						
Friday: Breakfast						
Lunch						
Dinner						
Saturday: Breakfast						
Lunch						
Dinner						