

Food JOURNAL

DAY:

BREAKFAST	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBER

LUNCH	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBER

DINNER	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBER