

# MY FOOD JOURNAL

Date \_\_\_\_\_

Breakfast	SERVING	CALORIES	
		SUBTOTAL	

Mid-Morning Snack	SERVING	CALORIES	
		SUBTOTAL	

Lunch	SERVING	CALORIES	
		SUBTOTAL	

Mid-Afternoon Snack	SERVING	CALORIES

Dinner	SERVING	CALORIES	
		SUBTOTAL	

Evening Snack	SERVING	CALORIES	
		SUBTOTAL	

**TOTAL CALORIES FROM FOOD**

# MY FITNESS JOURNAL

Activity	DURATION	CALORIES

**TOTAL CALORIES FROM FITNESS**