

FOOD JOURNAL

DAY:

MORNING	WHAT I ATE AND DRANK	
	HOW I FELT BEFORE	HOW I FELT AFTER

CALORIES	CARBS
FAT	SUGAR
PROTEIN	FIBRE

LUNCH	WHAT I ATE AND DRANK	
	HOW I FELT BEFORE	HOW I FELT AFTER

CALORIES	CARBS
FAT	SUGAR
PROTEIN	FIBRE

DINNER	WHAT I ATE AND DRANK	
	HOW I FELT BEFORE	HOW I FELT AFTER

CALORIES	CARBS
FAT	SUGAR
PROTEIN	FIBRE