

MY FOOD JOURNAL

Date _____

Breakfast

	SERVING	CALORIES	
		SUBTOTAL	

Mid-Morning Snack

		SUBTOTAL	

Lunch

		SUBTOTAL	

Mid-Afternoon Snack

Dinner

		SUBTOTAL	

Evening Snack

		SUBTOTAL	

TOTAL CALORIES FROM FOOD

MY FITNESS JOURNAL

Activity

	DURATION	CALORIES

TOTAL CALORIES FROM FITNESS