## MY FOOD JOURNAL

Date\_\_\_\_

Breakfast		SERVING	CALORIES
			SUBTOTAL
Mid-Morning Snack			
			SUBTOTAL
Lunch			
			SUBTOTAL
Mid-Afternoon Snack			<u> </u>
Dinner			
			SUBTOTAL
Evening Snack			
			SUBTOTAL
	TOTAL CALORIES FR	OM FOOD	
MY FITNESS JOURNAL			
Activity	D	URATION	CALORIES
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TOTAL CALORIES FROM FITNESS