

# Daily Journal

Date: Mon Tue Wed Thu Fri Sat Sun (circle)



	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Totals				
Calorie % Breakdown				

Weight: \_\_\_\_\_  
 Sleep: \_\_\_\_\_

## Breakfast

Time of Day:

Qty	Measure	Food	Calories	Protein	Carbs	Fat	Mood Before	Mood After
		Totals						

## Lunch

Time of Day:

Qty	Measure	Food	Calories	Protein	Carbs	Fat	Mood Before	Mood After
		Totals						

## Dinner

Time of Day:

Qty	Measure	Food	Calories	Protein	Carbs	Fat	Mood Before	Mood After
		Totals						

## Snacks

Time of Day:

Qty	Measure	Food	Calories	Protein	Carbs	Fat	Mood Before	Mood After
		Totals						

Check 8 glasses of water (250ml)



Day in Review:

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Exercise: \_\_\_\_\_

How Did I Do Today?

Excellent    Great    OK    Not Good    Very Bad    (circle)