

Food Journal

DATE

M T W T F S S

BREAKFAST

| TIME | MOOD | HUNGER LEVEL |
|------|------|--------------|
| | | |

| CALORIES | CARBS | FAT | SUGAR |
|----------|-------|-----|-------|
| | | | |
| PROTEIN | FIBER | | |
| | | | |

LUNCH

| TIME | MOOD | HUNGER LEVEL |
|------|------|--------------|
| | | |

| CALORIES | CARBS | FAT | SUGAR |
|----------|-------|-----|-------|
| | | | |
| PROTEIN | FIBER | | |
| | | | |

DINNER

| TIME | MOOD | HUNGER LEVEL |
|------|------|--------------|
| | | |

| CALORIES | CARBS | FAT | SUGAR |
|----------|-------|-----|-------|
| | | | |
| PROTEIN | FIBER | | |
| | | | |

SNACKS

| TIME | MOOD | HUNGER LEVEL |
|------|------|--------------|
| | | |

| CALORIES | CARBS | FAT | SUGAR |
|----------|-------|-----|-------|
| | | | |
| PROTEIN | FIBER | | |
| | | | |

WATER