

my food journal

week of: _____

	sun	mon	tue	wed	thu	fri	sat
break fast	food/cals	food/cals	food/cals	food/cals	food/cals	food/cals	food/cals
lunch							
dinner							
	total	total	total	total	total	total	total
water	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□
fitness							