



**Daily Food Journal**

Date: \_\_\_\_\_

Today's Exercise: \_\_\_\_\_

| Time | Mood   | Food Items/Meal/How Prepared | Amount      | How feel after | Other        |
|------|--------|------------------------------|-------------|----------------|--------------|
| 8am  | Sleepy | Wheat bread toasted w/ jam   | 1 pc, 1 Tbs | nauseous       | Ate too fast |
|      |        |                              |             |                |              |
|      |        |                              |             |                |              |
|      |        |                              |             |                |              |
|      |        |                              |             |                |              |
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|      |        |                              |             |                |              |
|      |        |                              |             |                |              |
|      |        |                              |             |                |              |

Date: \_\_\_\_\_

Today's Exercise: \_\_\_\_\_

| Time | Mood  | Food Items/Meal/How Prepared        | Amount | How feel after | Other |
|------|-------|-------------------------------------|--------|----------------|-------|
| 8am  | Tired | Protein Smoothie with berries & H2O | 16oz   | Good           |       |
|      |       |                                     |        |                |       |
|      |       |                                     |        |                |       |
|      |       |                                     |        |                |       |
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|      |       |                                     |        |                |       |
|      |       |                                     |        |                |       |
|      |       |                                     |        |                |       |