



**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

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	