



Sample Food Journal

| Date | Meal | What you ate/drank | Est. Calories | Notes & thoughts about my diet |
|------|---------------|--------------------|---------------|--------------------------------|
| | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| | Snacks | | | |
| | TOTALS | | | |

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Adapted from www.mealsmatter.org