

# Daily Food Journal

Track what you eat, how much, and how you feel

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

Water Intake: ○ ○ ○ ○ ○ ○ ○ ○

## Breakfast

Food / Drink	Portion Size	Calories	Time

Hunger before (1-10): \_\_\_\_\_ Fullness after (1-10): \_\_\_\_\_

## Lunch

Food / Drink	Portion Size	Calories	Time

Hunger before (1-10): \_\_\_\_\_ Fullness after (1-10): \_\_\_\_\_

## Dinner

Food / Drink	Portion Size	Calories	Time

Hunger before (1-10): \_\_\_\_\_ Fullness after (1-10): \_\_\_\_\_

## Snacks

Food / Drink	Portion Size	Calories	Time

Hunger before (1-10): \_\_\_\_\_ Fullness after (1-10): \_\_\_\_\_

## Daily Totals

Total Calories	Water (glasses)	Energy Level (1-10)

## Notes (mood, triggers, observations)

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