

### \*\*\*Daily Food Journal\*\*\*

Date \_\_\_\_\_

*Time in 1/4 hr increments*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Measure in Ounces*

Food \_\_\_\_\_

Fat \_\_\_\_\_

Carb \_\_\_\_\_

Fiber \_\_\_\_\_

Protein \_\_\_\_\_

Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
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Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____

**Daily Totals**

Make a mark for every drink

Water  Coffee  Tea  Diet Soda  Reg Soda  Juice

Notes \_\_\_\_\_

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*Measure in Ounces*

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Carb \_\_\_\_\_

Fiber \_\_\_\_\_

Protein \_\_\_\_\_

Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
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Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
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Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
Time _____	Food _____	Time _____	Food _____	Time _____	Food _____
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Time _____	Food _____	Time _____	Food _____	Time _____	Food _____

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