

Food Log/Journal

For foods without a label: ex. fruits/vegetables, a quick google search will work to record calories.

Day of the Week: M, T, W, TH, F, SA, SU (circle)

Date:

Time	Food/Drink Intake	Measure – how much	Calories	Location	Fullness: Comfortably (C) Uncomfortably (U) Stuffed (S)
<i>Example:</i> 9:00 am	Yogurt Strawberries toast, white bread butter	1 container 6 large 1 slice 1 teaspoon	140 36 79 34	Kitchen table	C
			Total:		

Water intake: _____ oz. (Total for the day)

Notes: