the nutrition school

Food Journal

DAY 1 Date: Day of week:	DAY 2 Date: Day of week:	DAY 3 Date: Day of week:	DAY 4 Date: Day of week:
<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>
<u>Fluid</u> <u>Intake</u>	<u>Fluid</u> <u>Intake</u>	<u>Fluid</u> <u>Intake</u>	<u>Fluid</u> <u>Intake</u>
Sleep	Sleep	Sleep	<u>Sleep</u>
Breakfast:	Breakfast:	Breakfast:	Breakfast:
Time: HQ: Mood:	Time: HQ: Mood:	Time: HQ: Mood:	Time: HQ: Mood:



<u>Snack:</u>	Snack:	Snack:	Snack:
Time:	Time:	Time:	Time:
HQ:	HQ:	HQ:	HQ:
Mood:	Mood:	Mood:	Mood:
Lunch:	Lunch:	Lunch:	Lunch:
Time:	Time:	Time:	Time:
HQ:	HQ:	HQ:	HQ:
Mood:	Mood:	Mood:	Mood:
<u>Snack:</u>	Snack:	Snack:	Snack:
Time:	Time:	Time:	Time:
HQ:	HQ:	HQ:	HQ:
Mood:	Mood:	Mood:	Mood:
<u>Dinner:</u>	<u>Dinner:</u>	<u>Dinner:</u>	<u>Dinner:</u>
Time:	Time:	Time:	Time:
HQ:	HQ:	HQ:	HQ:
Mood:	Mood:	Mood:	Mood:



DAY 5 Date: Day of week:	DAY 6 Date: Day of week:	DAY 7 Date: Day of week:	NOTES
<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>	
<u>Fluid</u> <u>Intake</u>	<u>Fluid</u> <u>Intake</u>	<u>Fluid</u> <u>Intake</u>	
Sleep	<u>Sleep</u>	<u>Sleep</u>	
Breakfast:	Breakfast:	Breakfast:	
Time: HQ: Mood:	Time: HQ: Mood:	Time: HQ: Mood:	
Snack:	Snack:	Snack:	
Time: HQ: Mood:	Time: HQ: Mood:	Time: HQ: Mood:	



Lunch: Time: HQ: Mood:	Lunch: Time: HQ: Mood:	Lunch: Time: HQ: Mood:	
Snack: Time: HQ: Mood:	Snack: Time: HQ: Mood:	Snack: Time: HQ: Mood:	
Dinner: Time: HQ: Mood:	Dinner: Time: HQ: Mood:	<u>Dinner:</u> Time: HQt: Mood:	

