



# the nutrition school

## Food Journal

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

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

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

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