

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>	Exercise	<u>Exercise</u>
<u>Fluid Intake</u>	<u>Fluid Intake</u>	<u>Fluid Intake</u>	<u>Fluid Intake</u>
Sleep	Sleep	Sleep	Sleep
Breakfast Time: HQ: Mood:	Breakfast Time: HQ: Mood:	Breakfast Time: HQ: Mood:	Breakfast Time: HQ: Mood:

the NUTRITIOUS LIFE studio

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

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

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