

## FOOD JOURNAL

<b>DAY 1</b> Date: Day of week:		<b>DAY 2</b> Date: Day of week:		<b>DAY 3</b> Date: Day of week:		<b>DAY 4</b> Date: Day of week:	
<u>Exercise</u>		<u>Exercise</u>		<u>Exercise</u>		<u>Exercise</u>	
<u>Fluid Intake</u>		<u>Fluid Intake</u>		<u>Fluid Intake</u>		<u>Fluid 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:	

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 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:		

# the NUTRITIOUS LIFE studio

<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:		