

# MY FOOD Journal

Date: \_\_\_\_\_ Week: \_\_\_\_\_

PLAN

Day	Breakfast	Lunch	Dinner	Snacks	Total

RECORD

Day	Breakfast	Lunch	Dinner	Snacks	Total
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
					😊😊😊
PREVIOUS WEIGHT		CURRENT WEIGHT		+ \-	