

Date \_\_\_\_\_

## MY FOOD JOURNAL

Breakfast	SERVING	CALORIES
		SUBTOTAL
Mid-Morning Snack		
		SUBTOTAL
Lunch		
		SUBTOTAL
Mid-Afternoon Snack		
Dinner		
		SUBTOTAL
Evening Snack		
		SUBTOTAL
<b>TOTAL CALORIES FROM FOOD</b>		

## MY FITNESS JOURNAL

Activity	DURATION	CALORIES
<b>TOTAL CALORIES FROM FITNESS</b>		