



Date _____

MY FOOD JOURNAL

	SERVING	CALORIES	
Breakfast			
		SUBTOTAL	
Mid-Morning Snack			
		SUBTOTAL	
Lunch			
		SUBTOTAL	
Mid-Afternoon Snack			
Dinner			
		SUBTOTAL	
Evening Snack			
		SUBTOTAL	
TOTAL CALORIES FROM FOOD			

MY FITNESS JOURNAL

Activity	DURATION	CALORIES	
TOTAL CALORIES FROM FITNESS			