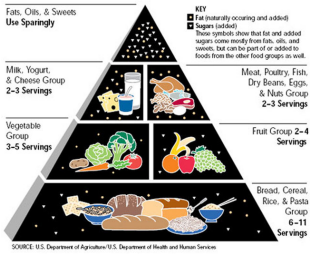

Food Journal

Date _____

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