

Food Journal - Week#1

| Food Journal | Breakfast | Lunch | Dinner | Snacks |
|---|------------------|--------------|---------------|---------------|
| Saturday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Sunday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Monday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Tuesday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Wednesday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Thursday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |
| Friday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____ | | | | |

Notes: _____