

Daily Food Journal

Today's Date:		Calorie Goal:		Calories Today:	
Breakfast:	Food Item:	Cal	Fat	Carbs	Protein
Time:					
Mood:					
	Totals				
Snack:	Food Item:	Cal	Fat	Carbs	Protein
Time:					
Mood:					
	Totals				
Lunch:	Food Item:	Cal	Fat	Carbs	Protein
Time:					
Mood:					
	Totals				
Snack:	Food Item:	Cal	Fat	Carbs	Protein
Time:					
Mood:					
	Totals				
Dinner:	Food Item:	Cal	Fat	Carbs	Protein
Time:					
Mood:					
	Totals				
	Today's Totals:				
Water Intake:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Daily Journal:					