food journal

date _____

hours slept

movement

time	what i ate and drank	hunger 1 to 5	after, i felt

water, a glass a box

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

what went well

tomorrow i want to

week, reviewed

date _____

what went well this week

patterns i noticed

a meal i enjoyed

one thing to try next week

weight or measure, if you track it

energy this week