

Food Journal

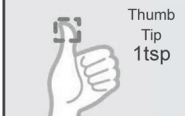
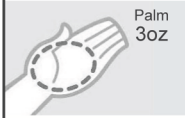
Time/Place	Food/Drink	Portion Amounts	Mood
Breakfast Time: _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	
Snack Time: _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	
Lunch Time: _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	
Snack Time : _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	
Dinner Time: _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	
Snack (if needed) Time: _____ Place: _____	_____ _____ _____ _____	_____ _____ _____ _____	

Daily Water:



Portion Sizes:

Hand Symbol



Moods:

