

NAME: _____ STUDENT #: _____

DATE: _____

MY FOOD JOURNAL

BREAKFAST	SERVING	CALORIES
		SUBTOTAL

MID-MORNING SNACK	SERVING	CALORIES
		SUBTOTAL

LUNCH	SERVING	CALORIES
		SUBTOTAL

MID-AFTERNOON SNACK	SERVING	CALORIES
		SUBTOTAL

DINNER	SERVING	CALORIES
		SUBTOTAL

EVENING SNACK	SERVING	CALORIES
		SUBTOTAL

TOTAL CALORIES FROM FOOD

MY EXERCISE JOURNAL

ACTIVITY	DURATION	CALORIES
		SUBTOTAL

TOTAL CALORIES FROM EXERCISE

NAME: _____ STUDENT #: _____

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		SUBTOTAL

MID-MORNING SNACK	SERVING	CALORIES
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MID-AFTERNOON SNACK	SERVING	CALORIES
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DINNER	SERVING	CALORIES
		SUBTOTAL

EVENING SNACK	SERVING	CALORIES
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TOTAL CALORIES FROM FOOD

MY EXERCISE JOURNAL

ACTIVITY	DURATION	CALORIES
		TOTAL CALORIES FROM EXERCISE

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