

FOOD JOURNAL

Name _____ Week of _____

<u>Time</u>	<u>Day</u> _____	<u>Notes</u>	<u>Exercise</u>
_____ Breakfast	_____	_____	_____
_____ Snack	_____	_____	_____
_____ Lunch	_____	_____	_____
_____ Snack	_____	_____	_____
_____ Dinner	_____	_____	_____

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