

Food Journal

MyHealthyLivingHabits.com

Date: _____

Daily Caloric Goal	
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Breakfast Items	# Servings	Est. Calories	% Daily Target	Comments

Snacks Items	# Servings	Est. Calories	% Daily Target	Comments

Lunch Items	# Servings	Est. Calories	% Daily Target	Comments

Snacks Items	# Servings	Est. Calories	% Daily Target	Comments

Dinner Items	# Servings	Est. Calories	% Daily Target	Comments

Snacks Items	# Servings	Est. Calories	% Daily Target	Comments

Total Calories	
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