

Food Journal

My Food and Beverage Journal Date/s:

Instructions: Fill out this journal daily, recording each meal and snack you consume. Be sure to include portion sizes, specific food items, and any beverages. This will help you monitor your daily intake and make adjustments as needed. Review your entries at the end of the week to identify patterns and areas for improvement.

Day	Meal	Time	Food & Beverage	Portion Size	Notes
Monday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				
Tuesday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				
Wednesday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				
Thursday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				
Friday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				

Day	Meal	Time	Food & Beverage	Portion Size	Notes
Saturday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				
Sunday	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Snack				

Additional Notes