

Food Journal – Week #3

Food Journal	Breakfast	Lunch	Dinner	Snacks
Saturday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Sunday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Monday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Tuesday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Wednesday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Thursday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				
Friday, _____ Sleep: _____ Water ○○○○○○○○○○ Exercise: _____ Cravings: _____ BM's/Digestion: _____ Energy: _____ Mood/Hormones: _____				

Notes: _____