

## Daily Food Journal

Day/Date:			Zone Blocks			(circle)	
Meal (B/L/D)	Meal Descriptions in Detail	feeling 1 hr aft meal	X	PROT	CARB	FAT	H2O
<b>Breakfast time</b>		Full					1
		Content					
		Sluggish					
		Very Tired					
		Hungry			Total Blocks:		
							3
<b>Snack time</b>							4
				Total Blocks:			5
<b>Lunch time</b>		Full					6
		Content					
		Sluggish					
		Very Tired					
		Hungry			Total Blocks:		
							8
<b>Snack time</b>							9
				Total Blocks:			10
<b>Dinner time</b>		Full					11
		Content					
		Sluggish					
		Very Tired					
		Hungry			Total Blocks:		
							12
<b>Snack time</b>							12
				Total Blocks:			12
<b>Activity :</b>		<b>Total Daily Blocks</b>					
		Goal:	Actual:	(+/-)			
<b>Notes:</b>							