



DATE \_\_\_\_\_


**MON** For each meal or snack where were you?  
How did you feel physically and emotionally?

Items Eaten	Calories
Breakfast + Time	
Snack + Time	
Lunch + Time	
Snack + Time	
Dinner + Time	
<b>DAILY TOTAL</b>	<input type="text"/>

**Today's Healthy Choices**










**TUES** For each meal or snack where were you?  
How did you feel physically and emotionally?

Items Eaten	Calories
Breakfast + Time	
Snack + Time	
Lunch + Time	
Snack + Time	
Dinner + Time	
<b>DAILY TOTAL</b>	<input type="text"/>

**Today's Healthy Choices**










**WED** For each meal or snack where were you?  
How did you feel physically and emotionally?

Items Eaten	Calories
Breakfast + Time	
Snack + Time	
Lunch + Time	
Snack + Time	
Dinner + Time	
<b>DAILY TOTAL</b>	<input type="text"/>

**Today's Healthy Choices**







**THURS** For each meal or snack where were you?  
How did you feel physically and emotionally?

Items Eaten	Calories
Breakfast + Time	
Snack + Time	
Lunch + Time	
Snack + Time	
Dinner + Time	
<b>DAILY TOTAL</b>	<input type="text"/>

**Today's Healthy Choices**

