

Date: _____ Daily Calories: _____		Date: _____ Daily Calories: _____	
Time: _____	Food: _____	Time: _____	Food: _____
Calories Used		Calories Used	
Calories Left		Calories Left	
Hunger Level 1-5		Hunger Level 1-5	
Feelings		Feelings	
Fruits: _____ Grains: _____ Protein: _____ Veggie: _____ Dairy: _____ Fat: _____ Activity: _____		Fruits: _____ Grains: _____ Protein: _____ Veggie: _____ Dairy: _____ Fat: _____ Activity: _____	