

# MY FOOD JOURNAL

My daily calorie budget is: \_\_\_\_\_ If I exercise, my calorie budget is: \_\_\_\_\_

## MOST IMPORTANT THINGS TO DO FOR ME:

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	Sample Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00a	150 Cereal, 1 cup w/1/2 cup skim milk 112 1 cup OJ							
10:00a	110 2 graham crackers 94 1 TB peanut butter 86 8 oz. skim cappuccino							
12:00n	0 Mixed greens, 2 c 45 2 TB non fat dressing 133 Toasted English muffin 45 1 TB reduced fat margarine							
3:00p	150 1 bag micro popcorn 105 Banana 20 Calcium Chew 0 Diet pop							
6:00p	142 Roasted chicken breast, w/out skin 111 1/2 c mashed potatoes 50 1/2 c peas 29 1/2 c unsweetened peaches 60 3 vanilla wafers							
9:00p								
<b>TOTAL</b>	<b>1,442</b>							

Calcium: □□□□	Calcium: □□□□	Calcium: □□□□	Calcium: □□□□
Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□
Fruits/Vegetables: □□□□□□□□	Fruits/Vegetables: □□□□□□□□	Fruits/Vegetables: □□□□□□□□	Fruits/Vegetables: □□□□□□□□