

**Food Journal – Week #1**

<b>Food Journal</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Day One Notes:</b>				
<b>Day Two Notes:</b>				
<b>Day Three Notes:</b>				
<b>Day Four Notes:</b>				
<b>Day Five Notes:</b>				
<b>Day Six Notes:</b>				
<b>Day Seven Notes:</b>				