

Daily Food Journal

Time	Food	Category	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

In the Category column, mark each meal as Nourishment (N), Fun (F), Mindless (M) or Binge (B). ©SublimeReflection.com