



Date: \_\_\_\_\_

# Food Journal

**Bible Verse (please write):** \_\_\_\_\_

MEAL	FOOD EATEN	TIME	DRINK	HUNGER SCALE BEFORE	HUNGER SCALE AFTER
Breakfast				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Lunch				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Dinner				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Water	1 2 3 4 5 6 7 8 Glasses				
Exercise					Prayer/Devotional/Quiet Time Y N

Daily Thoughts: \_\_\_\_\_