

Welcome to the  Food Journal!

How to use your food journal:

1. **Print your food journal.** You can print a single day or several. Put today's date at the top.
2. **Write down how you feel when you wake up.** Do you feel tired? Groggy? Sluggish? Or do you feel energized? Pumped? Well rested? Write it down so you know where you're starting.
3. **Write down any eating and drinking goals.** Simple goals like drinking 8 glasses of water or making lunch at home instead of eating out will help you stay focused. Focusing on one easy goal will also help you stay mindful of other things you eat and drink. Write them down.
4. **Document what you eat and drink.** Write down any information you think is important.
 - **Time.** What you eat at different times can make a difference in how you feel.
 - **Meal type.** If you must put a label on it, do so.
 - **Food/beverages consumed.** Be as vague or specific as you want. If you are looking for food allergies or counting calories, be as specific as you can. If you are simply tracking how you feel throughout the day, you can be general with your descriptions. You'll find out after a few days how specific you need to be for your personal goals.
 - **Portion notes.** Again this will depend on your goals. Counting calories? Put them here. Mindlessly eat a whole bag of M&M's? Put it here.
 - **What my body tells me.** Listen to your body and what it tells you. Feel tired after your meal? Feel sick after all those M&M's? Feel like you could run a mile? Still hungry?
5. **Track your water.** Cross out that water icon when you drink a good 8 ounces. Or use 4 icons to track how many 16 oz. water bottles you finished.
6. **Write down how you feel at the end of the day.** Are you overly tired? Still feel sick from those M&M's? Having trouble sleeping? Write it down.
7. **Ideas/encouragement for tomorrow.** Remind yourself of the good things you did today and encourage your "tomorrow self" to repeat them.
8. **Additional notes.** Anything else you feel is important, write it here.

Good luck!



Food Journal

from **Eat My Science!**

Date: _____

How I feel at the beginning of my day: _____

Today's Goals: _____

Time	Meal Type (Breakfast, Snack, etc.)	Food/Beverages Consumed	Portion Notes (Servings, Calories)	What My Body Tells Me

Water: 

How I feel at the end of today: _____

Ideas/encouragement for tomorrow: _____

Additional notes: _____