Food Journal

Your step-by-step guide:

1. **Prepare your journal**: If you prefer a print format, print out the journal pages for the number of days you plan to track your food. For a digital format, simply duplicate the journal page as many times as needed for your tracking period.

2. **Record the date**: At the top of each page, write the date for the entry. This will help you monitor your progress and identify trends over time.

3. **Fill in each meal**: Use the rows labeled breakfast, morning snack, lunch, afternoon snack, dinner, and evening snack to record your meals and snacks. For each entry, include the following details:

   - **Food/Ingredients**: List all the items you ate, including main components, sides, and beverages.

   - **Macros or portion size**: If you're tracking macros (e.g., calories, protein, carbs, fats), write them here. If not, use portion sizes like "1 cup" or "150g."

   - **Notes**: Describe how the food was prepared (e.g., grilled, baked, fried) and mention any seasonings, sauces, or condiments used.

4. **Be specific**: Provide as much detail as possible for accurate tracking. For example, instead of "salad," write "spinach, cherry tomatoes, grilled chicken, olive oil dressing."

5. **Stay honest**: Record everything you consume, even small snacks, condiments, or "tastes." Accuracy is key to understanding your dietary habits.

6. **Add your reflection:** n the comments section, note any challenges you faced during the day, such as cravings, hunger levels, or difficulty sticking to your plan. Reflect on your eating habits, how satisfied you felt after meals, and any patterns you notice (e.g., times of day when you tend to feel hungrier).

Use this information to identify areas for improvement, such as adjusting portion sizes, making better food choices, or modifying your meal timing to better suit your needs.

Name: _____ **Date:** _____

Meal	Time	Food / ingredients	Portion size / macros	Notes (preparation, seasonings)
Breakfast				
Morning snack				
Lunch				
Afternoon snack				
Dinner				
Evening snack				

Macro totals	Breakfast	Lunch	Dinner	Snacks	Day's total
Protein (g)					
Carbs (g)					
Fats (g)					
Calories (kcal)					

Comments