



NUTRITION JOURNAL

DATE: _____

MEAL / TIME	FOOD CONSUMED	TOTAL CALORIES	TOTAL GRAMS PER MEAL		
			PROTEIN	CARBS	FAT
1 ____ : ____ AM or PM					
2 ____ : ____ AM or PM					
3 ____ : ____ AM or PM					
4 ____ : ____ AM or PM					
5 ____ : ____ AM or PM					
6 ____ : ____ AM or PM					
		TOTAL CALORIES	TOTAL GRAMS		

Today I feel: (circle all that apply) energetic, tired, fearful, anxious, angry, guilty, happy, sad, overwhelmed, optimistic, pessimistic, hopeless, discouraged, encouraged, afraid, respected, disrespected, motivated, unmotivated, in control, out of control, competent, incompetent, jealous, sad, lonely, ignored, important, unimportant, proud, confident, worthy, deserving, unworthy, bored, excited, fulfilled, rewarded.