

Starch ○○○○○○○○○○○○
 Meat/Protein ○○○○○○○○○○○○
 Milk ○○○○○○○○○○○○
 Fruit ○○○○○○○○○○○○
 Vegetable ○○○○○○○○○○○○
 Fat ○○○○○○○○○○○○
 Water ○○○○○○○○○○○○

Weekly Journal

it's all about you.

Starch ○○○○○○○○○○○○
 Meat/Protein ○○○○○○○○○○○○
 Milk ○○○○○○○○○○○○
 Fruit ○○○○○○○○○○○○
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 Fat ○○○○○○○○○○○○
 Water ○○○○○○○○○○○○

Starch ○○○○○○○○○○○○
 Meat/Protein ○○○○○○○○○○○○
 Milk ○○○○○○○○○○○○
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 Fat ○○○○○○○○○○○○
 Water ○○○○○○○○○○○○

Morning Meal		
Time:	Mood:	Hunger:
Morning Snack		
Time:	Mood:	Hunger:
Mid-day Meal		
Time:	Mood:	Hunger:
Mid-day Snack		
Time:	Mood:	Hunger:
Evening Meal		
Time:	Mood:	Hunger:
Evening Snack		
Time:	Mood:	Hunger:
Exercise	Activity:	Duration:
Relaxation	Activity:	Duration:

Morning Meal		
Time:	Mood:	Hunger:
Morning Snack		
Time:	Mood:	Hunger:
Mid-day Meal		
Time:	Mood:	Hunger:
Mid-day Snack		
Time:	Mood:	Hunger:
Evening Meal		
Time:	Mood:	Hunger:
Evening Snack		
Time:	Mood:	Hunger:
Exercise	Activity:	Duration:
Relaxation	Activity:	Duration:

Morning Meal		
Time:	Mood:	Hunger:
Morning Snack		
Time:	Mood:	Hunger:
Mid-day Meal		
Time:	Mood:	Hunger:
Mid-day Snack		
Time:	Mood:	Hunger:
Evening Meal		
Time:	Mood:	Hunger:
Evening Snack		
Time:	Mood:	Hunger:
Exercise	Activity:	Duration:
Relaxation	Activity:	Duration:

week of

Exchange Total

- _____ Starch
- _____ Meat/Protein
- _____ Milk
- _____ Fruit
- _____ Vegetable
- _____ Fat



Hunger Key: 1.Not Hungry 2.Hungry 3.Starving

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