

Daily Food Journal

Please document in detail your daily food consumption.

We ask that you do not submit this intake until completion of Day 7, until then you can simply save the journal and access it again using the original link. Once you have completed all 7 days please click the submit form button at the bottom. Lou will analysis the journal and send an email with her advise shortly.

1. Day 1

| | |
|---|--|
| Date | What time did you wake up? |
| _____ | _____ |
| Time | Breakfast |
| _____ | _____ |
| Time | Mid Morning Snack |
| _____ | _____ |
| Time | Lunch |
| _____ | _____ |
| Time | Mid Afternoon Snack |
| _____ | _____ |
| Time | Dinner |
| _____ | _____ |
| Time | Evening Snack |
| _____ | _____ |
| What time did you go to sleep? | Did you workout today? If so, what time and was it cardio or strength? |
| _____ | _____ |
| How many ounces of water did you consume? | |
| _____ | |

2. Day 2

| | |
|-------|----------------------------|
| Date | What time did you wake up? |
| _____ | _____ |
| Time | Breakfast |
| _____ | _____ |
| Time | Mid Morning Snack |
| _____ | _____ |
| Time | Lunch |
| _____ | _____ |
| Time | Mid Afternoon Snack |
| _____ | _____ |
| Time | Dinner |
| _____ | _____ |

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?

3. Day 3

Date What time did you wake up?

Time Breakfast

Time Mid Morning Snack

Time Lunch

Time Mid Afternoon Snack

Time Dinner

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?

4. Day 4

Date What time did you wake up?

Time Breakfast

Time Mid Morning Snack

Time Lunch

Time Mid Afternoon Snack

Time Dinner

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?

5. Day 5

Date What time did you wake up?

Time Breakfast

Time Mid Morning Snack

Time Lunch

Time Mid Afternoon Snack

Time Dinner

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?

6. Day 6

Date What time did you wake up?

Time Breakfast

Time Mid Morning Snack

Time Lunch

Time Mid Afternoon Snack

Time Dinner

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?

7. Day 7

Date What time did you wake up?

Time Breakfast

Time Mid Morning Snack

Time Lunch

Time Mid Afternoon Snack

Time Dinner

Time Evening Snack

What time did you go to sleep?

Did you workout today? If so, what time and was it cardio or strength?

How many ounces of water did you consume?