

Daily Food Journal

Name:
Date:

Guidelines
Eat from the Yes or If I choose list....
For every item eaten on the NO list - 5 points

Meal	Food Eaten	Amount	Points	Comments
Breakfast Time:			15	Start day with 15 pts
Snack Time:				
Lunch Time:				
Snack Time:				
Dinner Time:				
Snack Time:				
Water	() () () () () () () ()			add 1pt for every 8oz water drank. Max 8 pts
Did you WOD or workout today? add 2 pts				Max points per day is 2
Did you spend 20 min stretching today? add 2 pts				
NOT eat fruits or veggies with at least 3 of your meals?				Subtract 10 points
Forgot to log what you ate today? Subtract 15 points				

Total points for today: