

# Daily Food Journal

Name:

Date:

Daily Affirmation:

## Guidelines

Eat from the Yes or If I choose list....

For every item eaten on the NO list - 5 points

Meal	Food Eaten	Grams "added" Sugar	Points	Comments
How I feel today				Start day with 15 pts if you write a daily affirmation above.
Breakfast <b>Time:</b>				
Snack <b>Time:</b>				
Lunch <b>Time:</b>				
Snack <b>Time:</b>				
Dinner <b>Time:</b>				
Snack <b>Time:</b>				
Water	( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )			add 1pt for every 8oz water drank. Max 8 pts
Did you eat less then 24 grams of added sugar today?				Add 15 points
Did you WOD or workout today?				Add 2 points (Max points per day is 2)
Is this a Rest Day? You must have one per week.				Add 5 points for a rest day (Max 5 pts per wk)
Did you spend 20 min stretching today?				Add 2 points
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