

My Daily Food Tracker

_____ Today's Date

Wake up time: _____	
How I feel: _____	
Breakfast: _____	How I Feel: _____
Snack: _____	How I Feel: _____
Lunch: _____	How I Feel: _____
Snack: _____	How I Feel: _____
Dinner: _____	How I Feel: _____
Snack: _____	How I Feel: _____
Exercise: _____	How I Feel: _____
Notes: _____	