**Daily Food Journal**

Date: \_\_\_\_\_\_\_\_\_\_\_ Current Weight/BF%:\_\_\_\_\_/\_\_\_\_\_\_ Goal Weight/BF%:\_\_\_\_\_/\_\_\_\_\_

 Name:

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| Time of Day  | Meal Type (B/L/D/Snack)  | Foods Eaten  | Amount  | Hunger Level  | Energy Level  | Where Eaten  |
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