

Today's Date & Any Notes about the Day

Daily "Target" Calories

RMR Calorie Limit

Weight, Weight Change since last weigh in, and Total Weight Loss

Chris' Daily Food Journal Plan: 1,700 kcal/day RMR: 2,700 kcal/day

DATE: FEB 1, 2020

NOTES:

Weight : _____ lbs.

Weight Δ : _____ lbs.

Weight Loss Σ : _____ lbs.

AM Meds ☒

AM Supplements ☐

PM Meds ☒

PM Supplements ☐

Daily Medications Reminder and Tracker

Daily Exercise Reminder and Tracker

Daily Steps Reminder and Tracker

Space for adding and calculating calories and calorie subtotal notes

Totals

Time	Calories/Total	Grains/Starches	Veggies	Fruit	Meats/Bean/Nut	Dairy	Fats	Discretionary Calories	Exercise
		Goal: 6	Goal: 4+	Goal: 3	Goal: 8-9	Goal: 3	Goal: 7	Budget: 130	Yes (No)
8:00	500 /	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	385		1/2 Veg Casserole		1 egg 1 egg white 1 cheese				
	50		2 Ketchup						# Steps Today
									5242
10:00	100 /	Snack	Snack	Snack	Snack	Snack	Snack	Snack	Calorie Notes
12:00	400 /	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2:30	100		2 veg raw				2 dr. sugar		Clear 1140
	370	1/2 Pasta	1/2 veg		1 NORT		2 Butter	1t. salad. soup	595 1170
									Veg 175
									Ketchup 50
3:00	100 /	Snack	Snack	Snack	Snack	Snack	Snack	Snack	
6:00	500 /	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:15	75		3c Veg raw						
	420				8c Octopus				
	120			2 Papaya					1520
9:00	100 /	Snack	Snack	Snack	Snack	Snack	Snack	Snack	
	1700 /	Total:	Total:	Total:	Total:	Total:	Total:	Total:	
	1520	1/2	8.5	2	11	1	4		

Daily Calorie Total

In Each Row, record time, number of calories, number of servings, and detailed description of the food you ate...