



# FOOD and HEALTHY LIFESTYLE JOURNAL

Part 1: Food Diary - log your daily intake. Note thoughts and feelings about what and how you're eating.

## Breakfast

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

## Morning Snack(s)

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

## Lunch

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

## Afternoon Snack(s)

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

## Dinner

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

## Evening Snack(s)

Date	Food(s) Eaten	Emotional Feelings	Physical Feelings

**Part 2: Daily healthy activities – Note your actions in each of the following areas.**

**Glasses of Water**      Goal: \_\_\_\_\_

<b>Date:</b>	<b>Actual Glasses Consumed</b>

**Vegetables and/or Fruits**      Goal: \_\_\_\_\_

<b>Date:</b>	<b>Actual Servings Consumed</b>

**Movement**      Goal: \_\_\_\_\_ (in minutes, miles, or other metrics)

<b>Date:</b>	<b>Type of Movement or Exercise Completed</b>	<b>Minutes, Miles, or Other Metrics Completed</b>

**Sleep**      Goal: \_\_\_\_\_ (in hours)

<b>Date:</b>	<b>Actual Hours Slept</b>

**Notes, Thoughts, Goals, & Feelings**

**Today's Achievements (list up to three, whether big or small)**

1.
2.
3.

**Tomorrow's Goals (list up to three, whether big or small)**

1.
2.
3.

**Other:**

<b>Thoughts:</b>
<b>Feelings:</b>
<b>Notes:</b>