

Date: _____

Food Journal

Serving Size	Food	Cals / Fat / Sodium
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Breakfast

S= _____ V= _____ FR= _____ P= _____ D= _____ F= _____

Lunch

S= _____ V= _____ FR= _____ P= _____ D= _____ F= _____

Dinner

S= _____ V= _____ FR= _____ P= _____ D= _____ F= _____

TOTALS:

Starch = _____ Vegetables = _____ Fruit = _____
Protein = _____ Dairy = _____ Fat = _____

<u>Meal Plan Goals</u>	<u>Actual Intake</u>	<u>Differences (+/-) between Goals & Intake</u>
S= _____	_____	_____
V= _____	_____	_____
FR= _____	_____	_____
P= _____	_____	_____
D= _____	_____	_____
F= _____	_____	_____

Daily Activity:

	Goal	Actual
Cardiovascular	60 mins. daily	_____
Strength Training	30 mins. 2 x weekly	_____
Flexibility (stretching)	Daily	_____
Mind/Body Relaxation	30 mins. daily	_____

Personal Notes:

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet and in the prevention of disease.
 - Thomas Edison -