

"Focus on your whole health - body, mind and spirit. Aim for progress, not perfection and you become who you want to be." ~ Sam Rafoss

Name _____ Food Journal for Week of _____

- List food, time ate, where ate and how you felt before and after eating.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						



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Name _____ Food Journal for Week of _____

- **List food, time ate, where ate and how you felt before and after eating.**

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Friday						
Saturday						
Sunday						

