

DATE: _____

MEAL ONE

TIME: _____

MEAL SIZE: _____

HOME | TAKEOUT

HUNGER SCALE

① ② ③ ④ ⑤
Not Hungry Starving

I ate...

Why I ate:

How I FELT:

CALS

Before:

FATS

After:

CARBS

2 hrs after:

PROT

MEAL TWO

TIME: _____

MEAL SIZE: _____

HOME | TAKEOUT

HUNGER SCALE

① ② ③ ④ ⑤
Not Hungry Starving

I ate...

Why I ate:

How I FELT:

CALS

Before:

FATS

After:

CARBS

2 hrs after:

PROT

MEAL THREE

TIME: _____

MEAL SIZE: _____

HOME | TAKEOUT

HUNGER SCALE

① ② ③ ④ ⑤
Not Hungry Starving

I ate...

Why I ate:

How I FELT:

CALS

Before:

FATS

After:

CARBS

2 hrs after:

PROT

DAILY SUMMARY

Hydration

Fruit

Stress Level

Exercise

Workout: _____ Time

 /10

Stool? _____

What I did well today:

What I can do better tomorrow:

Habit Tracker

Notes