Journal Calorie Range: _____ Point Range: _____ Date:_____

MEAL	Points	Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Time: _____ Water: ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ (oz) Mood:		Protein	
		Carbs	
		Fat	
		Sodium	
		Calories	
Total Points/ Calories:			

Today's Positive Thought:

All Shook-up | One Nerve Left | Real Nail-biter | Pins & Needles | Cool-cat | Feeling Yummy | On Cloud Nine

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