Name:			
Class Da	الماء		

Food Journal: Food and Activity Tracker Chart

Food Journal- Day #1								
Food/Drink Item	Serving Size	Calories	Fats (grams)	Carbohydrates (grams)	Protein (grams)	(DRINKS ONLY) Water oz.	(Extra Credit) Sodium (mg)	
Dov. #1 Totals								
Day #1 Totals Day #1 Activities:				<u>D</u>	ay #1 Hours of	Sleep:		

Food Journal- Day #2								
Food/Drink Item	Serving Size	Calories	Fats (grams)	Carbohydrates (grams)	Protein (grams)	(DRINKS ONLY) Water oz.	(Extra Credit) Sodium (mg)	

Day #2 Totals								
Day #2 Activities:					Day #2 Hours of	: Sloon:		
Day #2 Activities.				<u> </u>	ouy #2 Hours of	<u> Зіеер.</u>		
Food Journal- Day #3								
Food/Drink Item	Serving Size	Calories	Fats (grams)	Carbohydrates	Protein	(DRINKS ONLY)	(Extra Credit)	
1 00d/ Dillik itelli	Sel VIIIg Size	Calories	rats (grains)	(grams)	(grams)	Water oz.	Sodium (mg)	
Day #3 Totals								
Day #3 Activities: Day #3 Hours of Sleep:								