

| Day no. | GETFITNATION DAILY FOOD JOURNAL: TRACK YOUR FOOD CONSUMPTION | | | | |
|---|--|-------|--------|-------|--------|
| | BREAKFAST | LUNCH | SUPPER | WATER | SNACKS |
| Day | | | | | |
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| Day | | | | | |
| Day | | | | | |
| Day | | | | | |
| What was good about my eating habits this week. | | | | | |
| What can I change to help my journey along. | | | | | |

