HEALTH JOURNEYS TWO DAY FOOD JOURNAL

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| --- | --- | --- |
| **DAY ONE** | **TIME** | **DESCRIPTION OF FOODS AND DRINKS CONSUMED IN THE DAY** |
| Breakfast |  |  |
|  |
|  |
| Morning snack |  |  |
|  |
| Lunch |  |  |
|  |
|  |
| Afternoon snack |  |  |
|  |
| Dinner |  |  |
|  |
|  |
| Late night snack |  |  |
|  |

*Any Comments:*

|  |  |  |
| --- | --- | --- |
| **DAY TWO** | **TIME** | **DESCRIPTION OF FOODS AND DRINKS CONSUMED IN THE DAY** |
| Breakfast |  |  |
|  |
|  |
| Morning snack |  |  |
|  |
| Lunch |  |  |
|  |
|  |
| Afternoon snack |  |  |
|  |
| Dinner |  |  |
|  |
|  |
| Late night snack |  |  |
|  |

*Any Comments:*