

Day: _____
Date: ____/____/____

Morning
(Time:)

Mid-morning
(Time:)

Midday
(Time:)

Mid-afternoon
(Time:)

Early evening
(Time:)

Later evening
(Time:)

Daily Goals:

Fruit: ___ ___ ___ ___
Vege: ___ ___ ___ ___
Protein: ___ ___ ___ ___
Starches: ___ ___ ___ ___
Dairy: ___ ___ ___
Water: ___ ___ ___ ___ ___ ___ ___
Discretion: ___ ___ ___ ___
Suppl: ___

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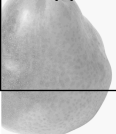
Mid-afternoon
(Time:)

Early evening
(Time:)

Later evening
(Time:)

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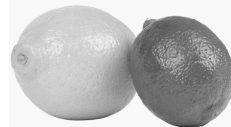
Mid-afternoon
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Vege: _____
Protein: _____
Starches: _____
Dairy: _____
Water: _____
Discretion: _____
Suppl: _____



Nutrition Journal

(Phase 2)

Daily Goals / Guidelines:

- 6-10 glasses of water
- Multi-vitamin (or other)
- 3-5 veges (servings of)
- 3-4 fruits
- 3-5 proteins
- 2-3 starches
- 0-2 discretionary

*Be in the moment. Ask yourself why you are going to eat what you are about to eat. Does it fit with your goals, vision and commitment you have made to yourself and those who are supporting you?
"I will stop trying to become perfect, and just try to become better."*

