

Daily Lifestyle Journal

Date: _____

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<p><u>Breakfast</u> Protein: Carbohydrates: Fats and Oils:</p>		
<p><u>Snack</u> Protein: Carbohydrates: Fats and Oils:</p>		
<p><u>Lunch</u> Protein: Carbohydrates: Fats and Oils:</p>		
<p><u>Snack</u> Protein: Carbohydrates: Fats and Oils:</p>		
<p><u>Dinner</u> Protein: Carbohydrates: Fats and Oils:</p>		
<p><u>Other Snacks</u></p>		
<p><u>Water / Beverages</u> Type and Number of Glasses:</p>		
<p><u>Stress Management</u> Type and Duration:</p>		
<p><u>Exercise</u> Type and Duration:</p>		
<p><u>Sleep</u> Bed Time / Rising: Quality:</p>		
<p><u>Natural Light</u> Amount:</p>		