## MY WEEKLY FOOD JOURNAL



MONDAY	Date:	/ /	How I felt: 😛 🙄 🙄 🌝
What I ate:	What I drank:		Where I ate:
What I would change:			
The state of the s			
TUESDAY	Date:	/ /	How I felt: 😛 😊 😀 😯
What I ate:	What I drank:		Where I ate:
What I would change:			······································
	:		: 000000
WEDNESDAY	Date:	/	How I felt: (⇒) (⊃) (□) (⋈) (⋈)
What I ate:	What I drank:		Where I ate:
What I would change:			
THIDODAY	: p-1-	, ,	
THURSDAY	Date:	/ /	How I felt: (3) (2) (2) (3) (7)
What I ate:	What I drank:		Where I ate:
	į		
What I would change:			

## MY WEEKLY FOOD JOURNAL



	Date:	/ /	How I felt: 😛 😇 😐 😥 🤫
What I ate:	What I drank:	•••••	Where I ate:
What I would change:			
SATURDAY	: : Date:	/ /	How I felt: 😛 😂 🕁 🔆
What I ate:	What I drank:		Where I ate:
SUNDAY	Date:	/ /	How I felt: 😛 😊 🕁 🔆
What I ate:	What I drank:		Where I ate:
	•		•
What I would change:			
What I would change:	ers for unwanted eating)		
	ers for unwanted eating)		
What I would change:	ers for unwanted eating)		
What I would change:	ers for unwanted eating)		
What I would change:	ers for unwanted eating)		











