Note: Don't forget to use your calorie counter and add up total calories. Do you see any patterns emerging?



Time	Food / Drink (thoughts, feelings)	Calories
	ritness & health	
Bed:		

TOTAL CALORIES: _____



Time:	Food / Drink	Calories
Wake:		
Bed:		
	TOTAL CALORI	ES:



Time:	Food / Drink	Calories
Wake:		
Bed:		
	TOTAL CALORI	ES:



Time:	Food / Drink	Calories
Wake:		
Bed:		
	TOTAL CALORI	ES:



Time:	Food / Drink	Calories
Wake:		
Bed:		
	TOTAL CALORI	ES:



Time:	Food / Drink	Calories
Wake:		
Bed:		
	TOTAL CALORI	ES: