

FOOD JOURNAL

# 80% Full Meal Journal

.....  
NAME

.....  
DATE

MEAL TIME

WHAT DID YOU EAT?

80% FULL?

.....  
 Y  N

.....  
 Y  N

.....  
 Y  N

.....  
 Y  N

.....  
 Y  N

.....  
 Y  N

.....  
 Y  N

