

Healthy Habits Daily Journal

Breakfast:

I ate until I felt:

Full

Satisfied

Still Hungry

Lunch:

I ate until I felt:

Full

Satisfied

Still Hungry

Dinner:

I ate until I felt:

Full

Satisfied

Still Hungry

Snacks:

I ate until I felt:

Full

Satisfied

Still Hungry

Water :

Goal: _____ OZ



Drank: _____ OZ

Sleep :

I slept _____ hours
last night.

