

# DAILY FOOD JOURNAL WITH EXAMPLES



Compassionate Care  
Telehealth Services, PLLC

BREAKFAST	
GREEK YOGURT	
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TOTAL CALORIES	40

LUNCH	
CLUB WRAP	
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TOTAL CALORIES	555

DINNER	
TURKEY CHILI	
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TOTAL CALORIES	555

SNACKS	
CHEESE AND MIXED NUTS	
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TOTAL CALORIES	307

WATER				

EXERCISE
10 MIN MEDITATION
30 MIN WALK
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NOTES
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TOTAL CONSUMED	CALORIES	WATER	EXERCISE
	1957	8 CUPS	40 MIN