## Elite Health & Fitness Training, Inc. DAILY FOOD JOURNAL

Day #	Date:			Client Name:
Meal	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
1		/		
Food Consumed:				
Meal	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
2		/		
Food Co	onsumed:			
M1	H	772	F II	A 44°4 3 -
Meal 3	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
	ngumod:	/		
Food Consumed:				
Mool	Hamaan Datina (0.10)	Time o /XVIb one	E-rower I aval	A 44.4 J
Meal 4	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
	neumad:	/		
Food Consumed:				
Meal	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
5	8 8 7	/	8,	
Food Consumed:				
Meal	Hunger Rating (0-10)	Time/Where	Energy Level	Attitude
6		/		
Food Co	onsumed:			