



My Food Journal
iloveowie.org

date
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breakfast (Approximate) calories

snack (total) calories

lunch

snack (total) calories

dinner

snack (total) calories

Don't FURget these...

Circle when "I did it!"

my glasses of water
1 2 3 4 5 6 7 8

healthy oils (nuts, seeds, avocado)
1 2 3

my fruits & veggies
1 2 3 4 5 6 7 8

milk & milk products
1 2 3

Vitamin(s)
1

i worked out today! y/n

today's calories
grand total

My PAWSitive Goal!
Fur every pound I lose I'm going to give away a Lil' Owie to a hospitalized child!
I'm going to comFURt # children!