

# Health Journal

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

**Breakfast:**

Calories: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Snack:**

Calories: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Lunch:**

Calories: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Snack:**

Calories: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Dinner:**

Calories: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Workout:**

Duration: \_\_\_\_\_

Calories: \_\_\_\_\_

**Water:**



**Measures:**

Chest: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh: \_\_\_\_\_

Arm: \_\_\_\_\_



# Health Caretoons Journal

**Daniel F McAuley**



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