



MINDFUL SYNERGY COACHING

Fostering Well-being. Fueling Success

3-DAY FOOD JOURNAL

MEAL	DAY 1 _ _ _ _ _	DAY 2 _ _ _ _ _	DAY 3 _ _ _ _ _
BREAKFAST (FIRST MEAL)			
SNACKS			
LUNCH (SECOND MEAL)			
SNACKS			
DINNER (THIRD MEAL)			
NOTES (INCLUDE DAILY H2O)			