



Adventure Boot Camp

*Daily Food Journal**

Day _____ Date _____

Meal #1 (breakfast).....Time _____

What did you have to eat and drink (give basic portion sizes):

Meal #2 (snack).....Time _____

What:

Meal #3 (lunch).....Time _____

What:

Meal #4 (snack).....Time _____

What:

Meal #5 (dinner).....Time _____

What:

Meal #6 (snack).....Time _____

What:

***Try to eat every 3 hours, about 5 to 6 meals. Drink at least eight 8 ounce glasses of WATER.**