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# Calorie Journal

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A 30-Day Guided Journal



Table / Log

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Log each meal or snack as a separate row immediately after eating
  - Be specific in the Food item column — "grilled chicken breast 150g" beats "chicken"
  - Use a nutrition app or food label to look up macro values
  - Fill in fiber whenever available — it helps assess diet quality
  - Review weekly totals to adjust portions and hit your macro targets



Scan for a detailed guide on how to use this journal



























































