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# Food Journal

*Vivian Tenorio*

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*Vivian Tenorio*

**Food Journal** Vivian Tenorio
*A study published in the American Journal of Preventive Medicine showed that people who kept a daily food journal, lost twice as much weight as those who did not.*

**By keeping a food journal, you will become more aware of your eating patterns and changes you need to make.**

This Food Journal is a great tool and gift for anyone trying to get healthier. This beautiful Food Journal is formatted to show one day per page, record your daily intake of calories, sodium, fat, & carbs for breakfast, lunch, dinner and snacks for up to 6 months, a page for your measurements, and ruled pages for notes at the end of this handy journal.

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