Date: TARGET POINT TOTAL:			Date: TARGET POINT TOTAL:		
		 			
		+			
		1			
		<u> </u>			ļ
		 			
		 			
		+			
		+			
					1
		 			
		+			
POINT TOTAL:		 	POINT TOTAL:		
FLEXIBLE POINT TOTAL:			FLEXIBLE POINT TOTAL:		
Water			Water 🗆 🗆 🗆 🗆 🗆		
Fruits and Veggies 🗆 🗆 🗆 🗆			Fruits and Veggies 🗆 🗆 🗆 🗆		
Milk Products □ □ (□)			Milk Products □ □ (□)		
This printable food journal made by www.LaaLoosh.com			This printable food journal made by www.LaaLoosh.com		