



**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.**