

Daily Food Diary









Name: _____

Today's Date: _____

Today Is: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

DRINKS I HAD TODAY

Circle the number of drinks you had today, then check-off what kind of drink each was.

							
<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water	<input type="checkbox"/> Caffeine <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Water

TODAY I ATE

Write down what you ate for each meal, or check off the kind of food you had at each meal.

	Bread, Pasta, Rice, Tortillas 	Cheese, Eggs, Meat, Tofu 	Fruit 	Vegetables 
Breakfast  				
Lunch  				
Dinner  				
Snacks 				

Updated: 04.08.11