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.

☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ Water	☐ Caffeine ☐ Milk ☐ Sugar ☐ 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				

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