



Food Diary

Date: _____

Breakfast Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
Example – Frosted Wheat Cereal	2Cups
_____	_____
_____	_____
_____	_____
_____	_____

Lunch Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____
_____	_____
_____	_____

Dinner Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____
_____	_____
_____	_____

Snack Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____

Snack Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____

Snack Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____

Snack Start Time: _____ Finish Time: _____

<i>Item</i>	<i>Amount</i>
_____	_____
_____	_____

Drink Log

Time	Item	Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____