

**Food Diary**

**Day in Review**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Did you drink 8 glasses of water?**

**How did I do Today?**

Excellent  Great  Not Good

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | | | | |
| Breakfast | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |
| Snack | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |
| Lunch | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |
| Snack | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |
| Dinner | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |
| Snack | **Serving** | **Carbs** | **Fats** | **Proteins** | **Calories** |
| Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here | Write here  Write here  Write here |