

**FOOD DIARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 1 | | | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Time | **Meals** | **Amount** | | **Calories** | **Place** | **Notes** |
| 8:00 AM | Breakfast | 00-00 | | 00-00 | Write here | Write here |
| 12:00 PM | Lunch | 00-00 | | 00-00 | Write here | Write here |
| 4:00 PM | Snack | 00-00 | | 00-00 | Write here | Write here |
| 8:00 PM | Dinner | 00-00 | | 00-00 | Write here | Write here |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 2 | | | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Time | **Meals** | **Amount** | | **Calories** | **Place** | **Notes** |
| 8:00 AM | Breakfast | 00-00 | | 00-00 | Write here | Write here |
| 12:00 PM | Lunch | 00-00 | | 00-00 | Write here | Write here |
| 4:00 PM | Snack | 00-00 | | 00-00 | Write here | Write here |
| 8:00 PM | Dinner | 00-00 | | 00-00 | Write here | Write here |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 3 | | | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Time | **Meals** | **Amount** | | **Calories** | **Place** | **Notes** |
| 8:00 AM | Breakfast | 00-00 | | 00-00 | Write here | Write here |
| 12:00 PM | Lunch | 00-00 | | 00-00 | Write here | Write here |
| 4:00 PM | Snack | 00-00 | | 00-00 | Write here | Write here |
| 8:00 PM | Dinner | 00-00 | | 00-00 | Write here | Write here |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 4 | | | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Time | **Meals** | **Amount** | | **Calories** | **Place** | **Notes** |
| 8:00 AM | Breakfast | 00-00 | | 00-00 | Write here | Write here |
| 12:00 PM | Lunch | 00-00 | | 00-00 | Write here | Write here |
| 4:00 PM | Snack | 00-00 | | 00-00 | Write here | Write here |
| 8:00 PM | Dinner | 00-00 | | 00-00 | Write here | Write here |



Did you drink 8 glasses of water?



Did you drink 8 glasses of water?



Did you drink 8 glasses of water?



Did you drink 8 glasses of water?

