

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Meal  Time | Food and/or Drink | | Calorie Input | |
|  | What kind | How Much | Per Item | Total |
| Breakfast | 8:00 a.m. | chocolate chip cookies | 3 | 60 | 180 |
| Lunch | 1:00 p.m. | cheeseburger | 1 | 300 | 300 |
| snack | 4:00 p.m. | regular French fries | 1 | 360 | 360 |
| Shake | 6:00 p.m. | vanilla shake | 1 | 540 | 540 |
| Dinner | 8:00 p.m. | Couscous + pork + spinach | 1 cup | 270 per ½ cup | 540 |

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How did I do Today?**

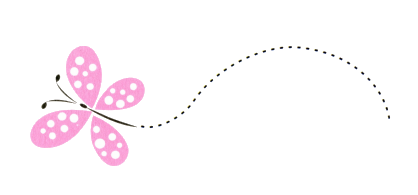
Excellent  / Great

Not Good  / Very Bad



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

**Day 1 – Date: \_\_\_\_\_\_\_\_\_\_**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Meal  Time | Food and/or Drink | | Calorie Input | |
|  | What kind | How Much | Per Item | Total |
| Breakfast | 8:00 a.m. | chocolate chip cookies | 3 | 60 | 180 |
| Lunch | 1:00 p.m. | cheeseburger | 1 | 300 | 300 |
| snack | 4:00 p.m. | regular French fries | 1 | 360 | 360 |
| Shake | 6:00 p.m. | vanilla shake | 1 | 540 | 540 |
| Dinner | 8:00 p.m. | Couscous + pork + spinach | 1 cup | 270 per ½ cup | 540 |

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How did I do Today?**

Excellent  / Great

Not Good  / Very Bad



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

**Day 2 – Date: \_\_\_\_\_\_\_\_\_\_**



**Food Diary**