

FOOD DIARY

weightmanagement.com

Name:

Date:

BREAKFAST

CALORIES

HUNGER SCALE

WHERE

WITH WHOM

Time:

SNACK

CALORIES

HUNGER SCALE

WHERE

WITH WHOM

Time:

LUNCH

CALORIES

HUNGER SCALE

WHERE

WITH WHOM

Time:

SNACK

CALORIES

HUNGER SCALE

WHERE

WITH WHOM

Time:

DINNER

CALORIES

HUNGER SCALE

WHERE

WITH WHOM

Time:

TOTAL

TODAY'S PHYSICAL ACTIVITY

When:

What:

Duration:

Calories Expended:

DAILY NUTRITION CHECKLIST

Water () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Milk () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Starch () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Veggie () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Protein () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Fruit () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Fat () 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0