

Food Diary

Date _____

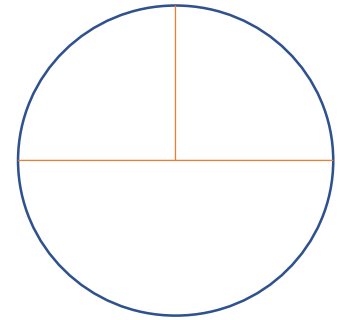
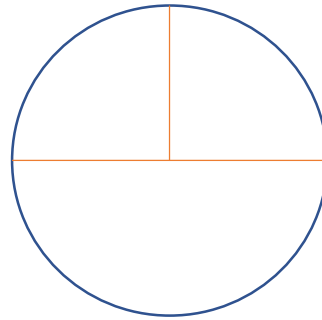
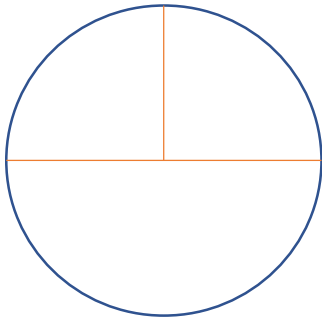
Date _____

Date _____

Meal _____ Time _____

Meal _____ Time _____

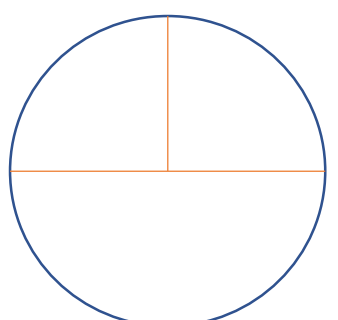
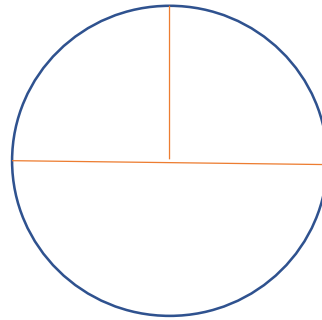
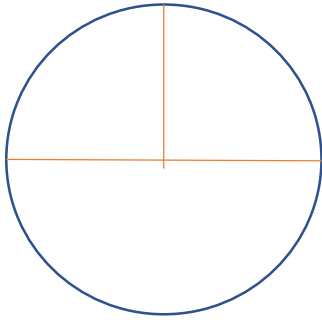
Meal _____ Time _____



Meal _____ Time _____

Meal _____ Time _____

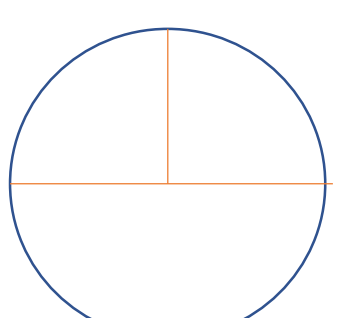
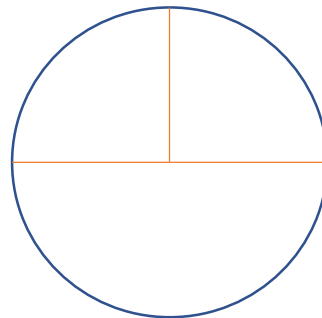
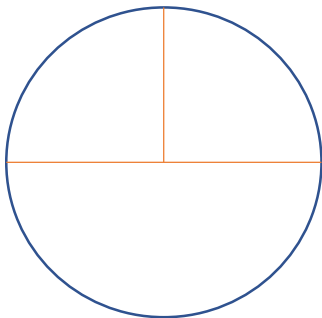
Meal _____ Time _____



Meal _____ Time _____

Meal _____ Time _____

Meal _____ Time _____



Meal _____ Time _____

Meal _____ Time _____

Meal _____ Time _____

Snacks

Snacks

Snacks

Please indicate time of day, the meal you're having, and the duration of that meal.
Include the name of food, how it was prepared and portion size.

Food Diary

Date _____

Day _____

Be sure to record all meals and snacks.

Food/Beverage & How Prepared	Portion	Time of Day	Place Where Eating	Duration of Meal (Min.)	Exercise Activities