



Date: _____ Goal Calories: _____ Actual Calories: _____
Starting Weight: _____ End of Day Weight: _____

Breakfast

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Lunch

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dinner

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Snacks/Dessert

Ate	Calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Water Intake





FOOD diary

Week of: _____ Goal Calories: _____ Actual Calories: _____
 Starting Weight: _____ End of Week Weight: _____

Monday _____	Tuesday _____	Wednesday _____	Thursday _____
B _____	B _____	B _____	B _____
Calories _____	Calories _____	Calories _____	Calories _____
L _____	L _____	L _____	L _____
Calories _____	Calories _____	Calories _____	Calories _____
D _____	D _____	D _____	D _____
Calories _____	Calories _____	Calories _____	Calories _____
S _____	S _____	S _____	S _____
Calories _____	Calories _____	Calories _____	Calories _____
Friday _____	Saturday _____	Sunday _____	Notes
B _____	B _____	B _____	_____
Calories _____	Calories _____	Calories _____	_____
L _____	L _____	L _____	_____
Calories _____	Calories _____	Calories _____	_____
D _____	D _____	D _____	_____
Calories _____	Calories _____	Calories _____	_____
S _____	S _____	S _____	_____
Calories _____	Calories _____	Calories _____	_____

Water Intake

