

DAILY FOOD DIARY



DATE	DAY	EXERCISE DAY Y/N		
BREAKFAST	TIME	PORTION SIZE	S/M/L	CALORIES
MORNING TEA				
LUNCH				
AFTERNOON TEA				
DINNER				

TOTAL

CAFFEINE	TIME	QUANTITY ML	COMMENTS
ALCOHOL			
WATER			
EXERCISE		MINS/HR	
SLEEP		MINS/HR	

