

FOOD DIARY

Date: _____

MORNING	
What I Ate And Drink	
How I Felt Before	How I Felt After

Calories	Carbs
Fat	Sugar
Protein	Fibre

LUNCH	
What I Ate And Drink	
How I Felt Before	How I Felt After

Calories	Carbs
Fat	Sugar
Protein	Fibre

DINNER	
What I Ate And Drink	
How I Felt Before	How I Felt After

Calories	Carbs
Fat	Sugar
Protein	Fibre

Notes