

Daily Food Diary

Date: _____

<i>Breakfast</i>

<i>Amount</i>	<i>Calories</i>

<i>Lunch</i>

<i>Amount</i>	<i>Calories</i>

<i>Dinner</i>

<i>Amount</i>	<i>Calories</i>

<i>Snacks</i>

<i>Amount</i>	<i>Calories</i>

<i>My Mood Diary</i>

<i>Glasses of Water I Drink Today</i>

<i>Notes</i>