



FOOD AND DRINK INTAKE CHART

Name:..... Weight: Date:.....

Please record everything that you eat and drink for a 3 - 7 day period. This will help us to monitor your progress.

Please record what is actually eaten, not what is served, and state quantities such as 1 slice of bread, 1 tablespoon of potato, 2 large sausages

	DAY 1	DAY 2	DAY 3
	Date:	Date:	Date:
Breakfast			
Mid Morning			
Lunch			
Mid Afternoon			
Evening Meal			
Bedtime and during night			