

**Daily Food Diary: [Click here to enter a date.]**

Breakfast	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruitjuice				
Other...				

Lunch	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruitjuice				
Other...				

Dinner	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruitjuice				
Other...				

Snacks	# Servings	Est. Calories	% Daily Target	Comments

\*Notes on today: [Select an item from the list if applicable.]

†If today is a weigh-in day, enter your weight (lbs or kg): [Type your weight or type N/A]