

Daily Food Diary

Date: _____ Day of Week: _____

As most nutritionists will tell you, keeping track of the calories you consume is one of the most effective weight-loss strategies there is. Remember to record everything -- the handful of candy before your morning meeting, the afternoon latté, the few bites you sneaked while preparing dinner -- so you get an accurate picture of your daily caloric intake. Happy chronicling!

	Time of Day	What I Ate	Calories
Breakfast			
Lunch			
Dinner			
Snacks			
Beverages			

Total: _____

For calorie counts on some of your favorite foods and snacks, go to FitnessMagazine.com and search "calorie charts"