

DAILY FOOD LOG

Date: _____

Weight: _____

MEAL	FOOD & BEVERAGE DESCRIPTION	CALORIES	P / C / F
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Other			
TOTAL CALORIES			
DAILY GOAL			
NET REMAINING			
EXERCISE (MIN)			

WATER INTAKE (8OZ): _____

DAILY NOTES & REFLECTIONS