**Food Diary**

Weight: \_\_\_\_\_\_

Day: Mon Tue Wed Thu Fri Sat Sun

Date: \_\_\_ / \_\_\_ / \_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Food or Drink*** | | |  | | | | | |
| ***Amount***  ***How much*** | ***Food***  ***What kind*** | ***Food Group Servings*** | ***Time*** | ***Setting***  ***Where*** | ***Alone or with whom*** | ***Activity*** | ***Feelings***  ***Mood*** | ***Other*** |
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|  |  |  | ***Total*** | | | | | |



**Check # 8 cups of water**

**Breakfast**

**Snack**

**Dinner**

**Snack**

**Lunch**

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical Activity** | **Minutes** | **Intensity Low/Medium/High** | **Calories Burned** |
|  |  |  |  |
|  |  |  |  |

**Notes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cheated**

**Didn’t cheat**

**Will do better tomorrow**

**How I did today: Fabulous Great OK**

**Food Diary**

Weight: \_\_\_\_\_\_

Day: Mon Tue Wed Thu Fri Sat Sun

Date: \_\_\_ / \_\_\_ / \_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Food or Drink*** | | |  | | | | | |
| ***Amount***  ***How much*** | ***Food***  ***What kind*** | ***Food Group Servings*** | ***Time*** | ***Setting***  ***Where*** | ***Alone or with whom*** | ***Activity*** | ***Feelings***  ***Mood*** | ***Other*** |
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|  |  |  |  |  |  |  |  |  |
|  |  |  | ***Total*** | | | | | |



**Check # 8 cups of water**

**Breakfast**

**Snack**

**Dinner**

**Snack**

**Lunch**

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical Activity** | **Minutes** | **Intensity Low/Medium/High** | **Calories Burned** |
|  |  |  |  |
|  |  |  |  |

**Notes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cheated**

**Didn’t cheat**

**Will do better tomorrow**

**How I did today: Fabulous Great OK**