Daily Food Diary

Weekly Food Goal: ______

Day/Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Include how much you ate, such as 1 cup of milk, 1 cup whole grain cereal							
	Mood:						
Lunch Include amounts – 2 Tbsp. peanut butter, 1 Tbsp. jelly, 2 slices ww bread	Mood:						
Dinner Include amounts – 3 oz. chicken breast, ½ cup broccoli, etc.							
	Mood:						
Snacks & Beverages Include amounts - 16 oz. latte, 6 oz. coffee w/ sweetener, 20 oz.	Mood:						
diet soda How did it go?	Yes! Almost						
	Try again						