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:	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:
Lunch *Include amounts – 2 Tbsp. peanut butter, 1 Tbsp. jelly, 2 slices ww bread*	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:
Dinner *Include amounts – 3 oz. chicken breast, ½ cup broccoli, etc.*	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:
Snacks & Beverages *Include amounts - 16 oz. latte, 6 oz. coffee w/ sweetener, 20 oz. diet soda*	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:	Mood:
How did it go?	Yes! Almost Try again	Yes! Almost Try again	Yes! Almost Try again	Yes! Almost Try again	Yes! Almost Try again	Yes! Almost Try again	Yes! Almost Try again