

# DAILY FOOD RECORD

| Meal<br>Time<br>Place | RECORD EVERYTHING YOU EAT AND DRINK (the more information, the better I can help you) |         |           |          |        |          |        |
|-----------------------|---|---------|-----------|----------|--------|----------|--------|
|                       | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast             |   |         |           |          |        |          |        |
| Snack                 |   |         |           |          |        |          |        |
| Lunch                 |   |         |           |          |        |          |        |
| Snack                 |   |         |           |          |        |          |        |
| Dinner                |   |         |           |          |        |          |        |
| Snack                 |   |         |           |          |        |          |        |
| Exercise              |   |         |           |          |        |          |        |