

Daily Food Diary for _____ Date _____

Food Type	How Much? Baked, Boiled, Grilled, Fried or Zapped? Brand Name?
Breakfast TIME?	
Supplements (name & dosage)?	
Comments	
Snack TIME?	
Lunch TIME?	
Supplements (name & dosage)?	
Comments	
Snack TIME?	
Dinner TIME?	
Supplements (name & dosage)?	
Comments	
Snack TIME?	

Water (~10oz)



Other Beverages

Exercise