

FOOD *diary*

Complete the chart each day to help keep track of the foods you eat.
Add the calories if you wish. Remember, note any patterns that can help you eat healthier.

Date _____

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Date _____

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Date _____

Breakfast _____

Lunch _____

Dinner _____

Snacks _____