

DAILY FOOD RECORD

Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
Monday	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								
Tuesday	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								

DAILY FOOD RECORD

Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
Friday <u>Exercise</u>	Breakfast								
	Snack								
	Lunch								
	Snack								
	Dinner								
	Water								
Saturday <u>Exercise</u>	Breakfast								
	Snack								
	Lunch								
	Snack								
	Dinner								
	Water								

DAILY FOOD RECORD

Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
Sunday	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								