

DAILY FOOD DIARY

Energy Goal: _____ Date: _____

| | Time | Food / Drink Item | Qty | Where | Doing | Mood | KJ/Cals |
|-------------------------|------|-------------------|-----|-------|-------|------|---------|
| Meal 1 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Meal 2 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Meal 3 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Meal 4 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Meal 5 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Meal 6 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Energy Subtotal: | | | | | | | |

| | Time | Supplement | Qty | Where | Doing | Mood | KJ/Cals |
|-----------------------------|------|------------|-----|-------|-------|------|---------|
| Supplements | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Energy Subtotal: | | | | | | | |
| Total Energy Intake: | | | | | | | |

Energy Intake: _____ - Energy Goal _____ = Surplus or Deficit: _____

Water Consumed (glasses):