

## Food Diary to Track Total Calorie Intake

DAY 1: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
<b>TOTAL DAILY CALORIE INTAKE</b>					

DAY 2: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
<b>TOTAL DAILY CALORIE INTAKE</b>					



DAY 3: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					

DAY 4: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					



DAY 5: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					

DAY 6: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					



DAY 7: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
MEAL 1					
MEAL 2					
MEAL 3					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					

Note:

- Protein provides 4 calories per gram, fat provides 9 calories per gram and carbohydrates provide 4 calories per gram.
- If you consume caloric drinks, please include those too in your calculation.
- Please try to record your food intake as you go or at least daily otherwise you will forget and will end up with unreliable data.