



Date: _____ **DAILY FOOD LOG**

Breakfast (time) _____

Food/drink	Amount consumed

Snacks (times) _____

Food/drink	Amount consumed

Lunch (time) _____

Food/drink	Amount consumed

Snacks (times) _____

Food/drink	Amount consumed

Dinner (time)

Food/drink	Amount consumed

Snack(s) (times)

Food/drink	Amount consumed