

Please write down what you eat and drink for
4 days before you come in for your appointment

FOOD DIARY

INDICATE **QUANTITIES** CONSUMED OF **ALL** FOODS AND BEVERAGES CONSUMED DURING THE DAY

MEAL	DATE	DATE	DATE	DATE	DATE
M O R N I N G					
S N A C K S					
M I D D A Y					
S N A C K S					
E V E N I N G					
S N A C K S					

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WEIGHT _____
EXERCISE _____