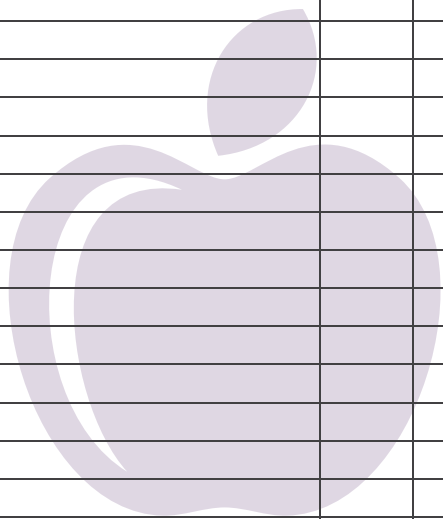


# DAILY FOOD DIARY

Energy Goal:  Date:

	Time	Food / Drink Item	Qty	Where	Doing	Mood	kJ/Cals
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
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):