

# Food Diary

Date: \_\_\_\_\_

Meal	Description	Amount	Calories	Fat (g)	Sugar (g)
<b>Breakfast</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Snack</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Lunch</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Snack</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Dinner</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Beverages</b>					
	<b>Thoughts/Feelings/Mood:</b>				
<b>Dessert</b> <i>When/Where:</i>					
	<b>Thoughts/Feelings/Mood:</b>				