

Name _____

Period _____ Date _____

My Diet Diary

Record every thing you eat for a 24 hour period of time. Make sure to record the amounts of the foods you ate.

Today's Date:

Break Fast:		Lunch:	
Amount	Foods Eaten:	Amount	Foods Eaten:
Dinner:		Snacks:	
Amount	Foods Eaten:	Amount	Foods Eaten:

Today's Date:

Break Fast:		Lunch:	
Amount	Foods Eaten:	Amount	Foods Eaten:
Dinner:		Snacks:	
Amount	Foods Eaten:	Amount	Foods Eaten: