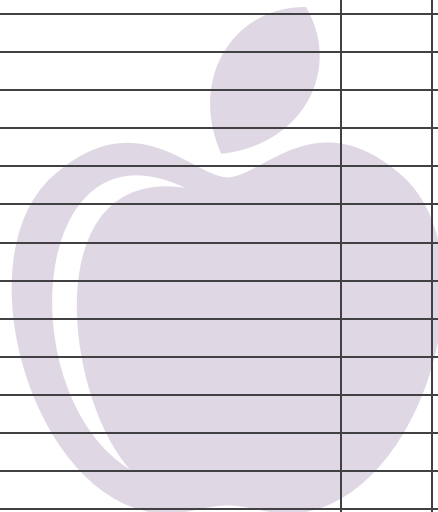


DAILY FOOD DIARY

Energy Goal: Date:

	Time	Food / Drink Item	Qty	Protein	Carbs	Fat	kJ/Cals
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Energy Subtotal:							



	Time	Supplement	Qty	Protein	Carbs	Fat	kJ/Cals
Supplements							
Energy Subtotal:							
Total Energy Intake:							

Energy Intake: _____ - Energy Goal _____ = Surplus or Deficit : _____

Water Consumed (glasses):