

Daily Food Diary

Woke At:

Fell Asleep At:

Date:

Weight:

Guidelines

BEHAVIOR CODE:

E= EXCITED

H=HAPPY/GOOD

T= TIRED

A= ARGUMENTATIVE

F=FRUSTRATION

R=RESTAURANT

U=UPSET

B= BORED

G=GATHERING

S=STRESS

W= WHINY

Daily Calorie Goal: **1400-1500**

Daily Fat Gram Goal:

Meal/Time	Food Offered	Amount Eaten	FAT	TOTAL	Calories	TOTAL	Behavior
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water	() () () () () () () () ()						
		Total:					