

## DAILY FOOD RECORD

Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
<b>Monday</b>	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								
<b>Tuesday</b>	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								

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Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins	
<b>Wednesday</b>	Breakfast									
	Snack									
	<u>Exercise</u>	Lunch								
	Snack									
	Dinner									
	Water									
	<b>Thursday</b>	Breakfast								
Snack										
<u>Exercise</u>		Lunch								
Snack										
Dinner										
Water										

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Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
<b>Friday</b>   <u>Exercise</u>	Breakfast								
	Snack								
	Lunch								
	Snack								
	Dinner								
	Water								
<b>Saturday</b>   <u>Exercise</u>	Breakfast								
	Snack								
	Lunch								
	Snack								
	Dinner								
	Water								

## DAILY FOOD RECORD

Date	Meal	Time	Food	Cal	Protein gm.	Fruit / Vegetable Servings	Liquid Intake oz.	Distress Y/N Type or Comments	Vitamins
<b>Sunday</b>	Breakfast								
	Snack								
<u>Exercise</u>	Lunch								
	Snack								
	Dinner								
	Water								