Food Diary – 1 week

From: _____ to _____

Day 1	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 2	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 3	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 4	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 5	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 6	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

Day 7	Meal	What You Ate and Drank	Notes
	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Beverages (soft drinks, coffee, etc.)		

As you write down the foods you eat and drink, check the boxes for the corresponding food group.

Food Groups											
Milk & Diary											
Meats											
Grains											
Fruits											
Vegetables											
Other											

What Did I Accomplish This Week?

Where Can I Improve?

Goals for Next Week