

Fitness Consulting Inc. Daily Food

Instructions:

- Write down everything you eat or drink (including water & alcohol) for 4 days.
- Note what time, where, and the approximate amount of foods/beverages you eat/drink.
- Please be SPECIFIC with amounts. Use cups, ozs, serving sizes.
- Include the brand name of ANY foods or liquids. Ex. Subway, Panera, Red Bull
- Try to include at least 1 weekend day.

EXAMPLE

Time	Place	Food or Drink	Amount
8am	Home	cheerios with 1% milk	1 cup each
12pm	Subway	Ham and cheese sub Sun chips Lipton iced tea	6" sub Grab bag 16 oz
3pm	office	apple Skippy peanut butter Water	1 medium 2 tbsp 20 oz
6pm	home	linguini Marinara sauce Salad Italian dressing	1 cup ½ cup 1 cup 2 tbsp
8pm	home	Eddy's ice cream	1 cup

