

**FREE FOOD DIARY**

**BeFitStrong.com**  
 Free fitness and weight loss information  
 to help you look and feel your best.



Date: \_\_\_\_\_

MEAL	FOOD / BEVERAGES	QNTY	CALS	P (g)	C (g)	F (g)
<b>Breakfast:</b>						
	am/pm					
Meal Totals						
<b>Snack #1:</b>						
	am/pm					
Snack Totals						
<b>Lunch:</b>						
	am/pm					
Meal Totals						
<b>Snack #2:</b>						
	am/pm					
Snack Totals						
<b>Dinner:</b>						
	am/pm					
Meal Totals						
<b>Snack #3:</b>						
	am/pm					
Snack Totals						
<b>DAILY TOTALS</b>						
% of Calories						
<b>TARGETS</b>						
+/-						

<b>Water Intake (8 oz. cups)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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