

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)
Breakfast:						
	am/pm					
Meal Totals						
Snack #1:						
	am/pm					
Snack Totals						
Lunch:						
	am/pm					
Meal Totals						
Snack #2:						
	am/pm					
Snack Totals						
Dinner:						
	am/pm					
Meal Totals						
Snack #3:						
	am/pm					
Snack Totals						
		DAILY TOTALS				
		% of Calories				
		TARGETS				
		+/-				

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