Diet Diary Log

Name: _____

Please complete your "Diet Diary/Exercise Log" every day.

1. List and describe in detail all foods and drinks including the amount of each. Make note as to whether the food was fresh, frozen, canned, raw, cooked, baked, fried, etc. Note the time of each meal or snack. Be sure to list everything you eat or drink, including any condiments uses (i.e. mayonnaise, mustard, relish, etc.)
2. Keep track of how much water you drink and list the amount in the ounces in the section provided. Also note the type and amount of any other drinks you consume.
3. List any abnormal symptoms you experience throughout the day.

Day 1	Date:
Morning Meal Time:	
Snack Time:	
Mid-Day Meal Time:	
Snack Time:	
Evening Meal Time:	
Snack Time:	
Water (ounces)	
Other drinks (that are not listed with meals above)	

Abnormal Symptoms:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Day 2	Date:	Day 3	Date:
Morning Meal Time:		Morning Meal Time:	
Snack Time:		Snack Time:	
Mid-Day Meal Time:		Mid-Day Meal Time:	
Snack Time:		Snack Time:	
Evening Meal Time:		Evening Meal Time:	
Snack Time:		Snack Time:	
Water (ounces)		Water (ounces)	
Other Drinks (that are not listed with meals or snacks above)		Other Drinks (that are not listed with meals or snacks above)	
Abnormal Symptoms:		Abnormal Symptoms:	