

Dietary Intake Record

Example

Nutriwellness.com

	Day: Monday Date: 7/1/02	Day: Date:	Day: Date:	
Name: Time of last meal yesterday: 7:15pm Time you went to sleep last night: 11pm Time you awoke this morning: 7am Number of hours you slept last night: 8		Last meal: Asleep: Awakened: Hours slept:		
Breakfast	Time: 8am @ home	Time:	Time:	
	glass of water			
	1 pack oatmeal in water			
	2 slices toast w Peanut butter			
	2 cups of coffee			
	1 cup OJ			
Snack	Time: 10am	Time:	Time:	
	granola bar			
	glass of water			
Lunch	Time: 12:30pm at Furr's	Time:	Time:	
	Macaroni and cheese, 1 cup			
	Broccoli, 1 serving			
	Salisbury Steak			
	fried okra			
	apple pie			
	2 glasses of ice tea			
Snack	Time: 2:30pm	Time:	Time:	
	16 oz. sugar free Coca Cola			
	Snickers			
	4:30 bag of chips			
	glass of water			
Supper	Time: 7:15 at home	Time:	Time:	
	cheese pizza, 4 slices			
	salad			
	coke			
	9:30 2 scoops of ice cream			
	4 chips			
Snack	Time: 10:30	Time:	Time:	
	1 scoop of ice cream			
	1 oatmeal cookie			
Exercise	Time: 7:15 am	Time:	Time:	
	1/2 hour walk			
Water	☉☉☉☉☉☉☉☉☉☉☉☉☉ glasses	☉☉☉☉☉☉☉☉☉☉☉☉☉ glasses	☉☉☉☉☉☉☉☉☉☉☉☉☉ glasses	

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Exercise	Time:		Time:		Time:
Water	○○○○○○○○○○○○○○○ glasses		○○○○○○○○○○○○○○○ glasses		○○○○○○○○○○○○○○○ glasses