

Daily Food Diary

Woke At: Fell Asleep At:

Date:

Weight:

Guidelines	BEHAVIOR CODE:	E= EXCITED	H=HAPPY/GOOD	T= TIRED
Daily Calorie Goal: 1400-1500	A= ARGUMENTATIVE	F=FRUSTRATION	R=RESTAURANT	U=UPSET
Daily Fat Gram Goal:	B= BORED	G=GATHERING	S=STRESS	W= WHINY