My Food and Beverage Diary Date: _____

Monday			Tuesday	
Breakfast		Breakfast		
Snack		Snack		
Lunch		Lunch		
Snack		Snack		
Dinner		Dinner		
Snack		Snack		

Wednesday		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Thursday		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Friday		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Saturday		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Sunday		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Notes:	

Learn more at https://www.cdc.gov/healthy-weight-growth/losing-weight/improve-eating-habits.html

