



Daily Food Tracking Chart

Suggestion: 3-hole punch this sheet and place in a binder.

(Use the nutritional labels from the foods you eat and "Common Foods Calorie Charts" from www.CompleteFamilyNutrition.com to document your food intake).

Today's Date: _____ Total Calorie Goal for Today: _____

(This may need to be adjusted as you begin to lose weight).

Today's Weight: _____ Exercise Today? _____ Yes _____ No

	Description and Quantity of Food Eaten	Calories
Breakfast		

Breakfast Total Calories

	Description and Quantity of Food Eaten	Calories
Lunch		

Lunch Total Calories

	Description and Quantity of Food Eaten	Calories
Dinner		

Dinner Total Calories

	Description and Quantity of Food Eaten	Calories
Snack		

Snack Total Calories

Exercise Description and Duration:
(i.e. treadmill, 30 mins.) _____

Water Intake

Total Daily Calories:

Circle a glass each time you drink 8 oz. of water. Try for eight per day.

