

DAILY FOOD RECORD

CalorieGoal: _____

Starch _____ Milk _____ Fruit _____ Veg _____ Meat _____ Fat _____ Others _____

Time	Food	Amount	Starch	Milk	Fruit	Veg	Meat	Fat	Calories
	Total Servings								
	Calories / servings		80	90	60	25	50	45	
	Total Calories Consumed								

Exercise: _____ **Time:** _____ **Calories Burned:** _____

Total Calories Consumed: _____ - Calories Burned _____ = Daily Total _____

Calorie Intake Goal: _____ - Daily Total _____ = Deficit or Surplus _____