Date:

Total Daily Food Calories you can consume from your Calorie Intake and Output Chart (Form 5):

Goal Water Intake:

Actual Water Intake:

	Food	Time
Breakfast		
Snack		
Lunch		
Snack		
Snack		
Dinner		

Food Items	calories	protein	carbohydrates	fiber	sugar	fat	sodium	processed or whole food	conventional or organic
Total									