

Daily Calorie Log (Make Enough Copies for About One Month)

Daily Calorie Log		
DATE:		
Time	Food	Calories
	BREAKFAST	
	Total Calories from Breakfast	
	LUNCH	
	Total Calories from Lunch	
	DINNER	
	Total Calories from Dinner	
	SNACKS	
	Total Calories from Snacks	
Total Calories Eaten Today:		
My Daily Calorie Cap:		