



Wellness University Food Diary

Each day, record all the foods you eat and drink. Be sure to include an approximate amount for each food. The purpose of a food diary is to create awareness of what you put in your body and to have a record to analyze the quality of your eating habits.

Name: _____

DAY 1 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 2 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 3 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 4 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 5 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 6 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

DAY 7 _____	Meals	What You Ate and Drank	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		