

# Daily Food Diary

Date: \_\_\_\_\_ Day of Week: \_\_\_\_\_

As most nutritionists will tell you, keeping track of the calories you consume is one of the most effective weight-loss strategies there is. Remember to record everything -- the handful of candy before your morning meeting, the afternoon latté, the few bites you sneaked while preparing dinner -- so you get an accurate picture of your daily caloric intake. Happy chronicling!

	Time of Day	What I Ate	Calories
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Dinner</b>			
<b>Snacks</b>			
<b>Beverages</b>			

**Total:** \_\_\_\_\_

For calorie counts on some of your favorite foods and snacks, go to [FitnessMagazine.com](http://FitnessMagazine.com) and search "calorie charts"