Diet Record Worksheet

NAME:	DATE:		DAY OF WEEK:	
FOOD DESCRIPTION	**CALORIES** (est.)	**PROTEIN** (est. grams)	**CARBS** (est. grams)	**FAT** (est. grams)
Example: 1 cup of 2% milk	*120*	*8g*	*11g*	*5g*
TOTAL				
TOTAL WATER INTAKE (OZ.)				

Notes: