

Baseline Diet Diary

DAY 1		Date:		
Time	Meal (include snacks)	Food	Calories	Comments
Total Calories:				

DAY 2		Date:		
Time	Meal (include snacks)	Food	Calories	Comments
Total Calories:				

DAY 3		Date:		
Time	Meal (include snacks)	Food	Calories	Comments
Total Calories:				