

DIET ENTRY FORM

Food and Fluid Intake

NOTE: The entry into Cal, Pro, Carbs, etc.column is optional.

Just fill in the Menu Selection column only.

Time Place	Menu Selection	Cal	Pro.	Carbs.	Fats	Fiber	Water
	<i>Meal #1</i>						
	<i>Meal #1 Total</i>						
	<i>Meal #2</i>						
	<i>Meal #2 Total</i>						
	<i>Meal #3</i>						
	<i>Meal #3 Total</i>						
	<i>Meal #4</i>						
	<i>Meal #4 Total</i>						
	<i>Meal #5</i>						
	<i>Meal #5 Total</i>						
	<i>Meal #6</i>						
	<i>Meal #6 Total</i>						
		TOTAL OF THE DAY					

Exercise

Aerobics _____ minutes

Strength _____ minutes

Comments