

Daily Food Diary

This worksheet can be used to track diet goals. Goals should always be developed with a physician's advice. Enter meal information in the white boxes. Excel will calculate the results in the yellow boxes.

Guidelines	
Max. daily calories:	
Max. daily fat grams:	

Meal	Food Eaten	Amount	Fat Grams	Calories	Comments
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water	() () () () () () () ()				
Total:			0	0	

Percent fat of total calories consumed: **0%**

Over/Under Against Daily Calories: **on target**

Over/Under Against Daily Fat Grams: **on target**