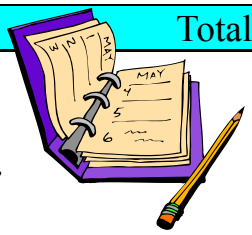
Food, Calorie, and Activity Diary

Today's date: _____

Time	*Food Description*	*Amounts*	*Calories*	*Activity*
	Breakfast:			
	Total calories from this meal			
	Lunch:			
	Total calories from this meal			
	Dinner:			
	Total calories from this meal			
	Snacks:			
	Total calories from snacks			
	Total Calories for the Day