**My Food and Beverage Diary** Date:

|  |  |
| --- | --- |
| **Monday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Tuesday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Wednesday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Thursday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Friday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Saturday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

|  |  |
| --- | --- |
| **Sunday** | |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |
| Snack |  |

**Notes:**

**Learn more at** <https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html>