Calorie Goal: _____

Starch _____ Fruit _____ Milk _____ Vegetable _____ Meat _____ Fat _____

Water: □ □ □ □ □ □ □ □ □ □

Daily Food Record

Name: _____ **Date:** _____

Food	Amt	Starch	Fruit	Milk	Veg	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Fat	Others
Total Servings											
Calories / Serving		**80**	**60**	**90**	**25**	**35**	**55**	**75**	**100**	**45**	
Total Calories Consumed											

Exercise: _____ Time: _____ Calories Burned: _____

Total Calories Consumed: _____ - Calories Burned: _____ = Daily Total: _____

Maintenance Level: _____ - Daily Total: _____ = Deficit / Surplus: _____