**24-HOUR FOOD DIARY**

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| --- | --- | --- |
| **Time** | **Food and/or Drink** | **Calorie Input (these columns to be completed in class)** |

|  |  |  |  |
| --- | --- | --- | --- |
| **What kind** | **How Much** | **Per Item** | **Total** |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
| **Total Calorie Input** |  |  |  |