

Name: _____

Food & Activity Record

Date	Breakfast			Lunch			Dinner			Snacks/Activity		
	<i>Serv. Size</i>	<i>Food</i>	<i>gms</i>	<i>Serv Size</i>	<i>Food</i>	<i>gms</i>	<i>Serv. Size</i>	<i>Food</i>	<i>gms</i>	<i>Serv. Si ze</i>	<i>Food</i>	<i>gms</i>
	Total gms of Carb=			Total gms of Carb=			Total gms of Carb=			Am: Pm: Night:		
	Total gms of Carb=			Total gms of Carb=			Total gms of Carb=			Am: Pm: Night:		
	Total gms of Carb=			Total gms of Carb=			Total gms of Carb=			Am: Pm: Night:		
	Total gms of Carb=			Total gms of Carb=			Total gms of Carb=			Am: Pm: Night:		