

## **FIT FAST DAILY FOOD DIARY**

### **Breakfast**

(including beverages and all condiments)

### **Mid-Morning Snacks**

(including beverages and all condiments)

### **Lunch**

(including beverages and all condiments)

### **Mid-Afternoon Snacks**

(including beverages and all condiments)

### **Dinner**

(including beverages and all condiments)

### **Evening Snacks**

(including beverages and all condiments)

**Total Calorie Count for the Day** \_\_\_\_\_

**Date:** \_\_\_\_\_