PERSONAL**MD** Printable Food Diary

Date

Weight

1 Gram of Carbs = 4 calories
1 Gram of Protein = 4 calories
1 Gram of Fat = 9 calories

3500 calories = 1 pound

Water Intake
Each Box = 1 cup or 8 fl oz

Exercise Log

Total Calories Burned

PERSONALMD
Healthcare for the rest of us.

Daily Nutritional Intake

Food	Amount	Carbs	Protein	Fat	Calories
Breakfast					
Lunch					
Dinner					
Snack					
Total for Intake					
Basal MetabloicRate					
Total Burned					
Net Calories					

How did you do Today? ___ Great ___ So-so ___ Not so Great
My Food goal for Tomorrow is: _____
My Exercise goal for tomorrow is: _____