

Cayuga Primary Care

Daily Food Log Date: Weight:			- -	Su M T W Th F Sa Sleep:			Date:								Date:					
Time	Qty	Food	Calories	Carbs	Sugar	Fat	Tim	e Qty	Food	Calories	Carbs	Sugar	Fat	Time	Qty	Food	Calories	Carbs	Sugar	Fat
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		Total:							Total:							Total	:			
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Time	Notes		Level		SBP	DBP	Time	Notes		Level	_	SBP	DBP	Time	Notes		Level	_	SBP	DBP
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	cup per c		0 0 0	0 0 0	0		0.0	000	00000	0 0 0	000)		0.0	0 0 0	00000	0 0 0	000)	
		0.24 liters					1 cup	= 8 fluid oz	= 0.24 liters					1 cup =	8 fluid oz	= 0.24 liters				
Exercise,	/Activity		Time	Dist	Wght	Reps	Exerci	se/Activity		Time	Dist	Wght	Reps	Exercis	e/Activity		Time	Dist	Wght	Reps
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Weight: Sleep:						Weight:					Sleep:			Weight:			_	Sleep:	Sleep:		
Time	Qty	Food	Calories	Carbs	Sugar	Fat	Tim	e Q	ty	Food	Calories	Carbs	Sugar	Fat	Time	Qty	Food	Calories	Carbs	Sugar	Fat
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Time	Notes		Level		SBP	DBP	Tim	e Not	es		Level		SBP	DBP	Time	Notes		Level		SBP	DBP
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