



Vitality for Life
HEALTH CENTER
560 Bryne dr. Unit 1A
Barrie, ON L4N 9P6
705.733.2033
www.vitalityforlife.ca

4 Day Diet Diary

Please keep track of all foods that are eaten (don't worry about quantities) for 4 days, and note the time that you ate them. Include all beverages and snacks consumed during this time as well, and comment on how you felt throughout the day (energy level, indigestion, bloating/gas).

Day:			
Morning:			
Afternoon:			
Evening:			
Comments:			