

Monitoring Chart: Food Diary (Weekly)

Patient Name	
First	Last

Date of Birth

WHEN TO USE THIS CHART: When you have concerns about a person's appetite (too much, too little), weight changes, or want to closely record a person's diet.

INSTRUCTIONS: Record what is offered for every meal. Indicate how much of meal was eaten (for example, ✕ = not touched; 1/2 = half of serving eaten; ✓ = majority eaten). Remember to include snacks. Review this chart with a health care provider as needed.

Monday							
BREAKFAST	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px dotted black;">Food Offered</td> <td style="border-bottom: 1px dotted black;">Eaten</td> </tr> <tr> <td style="border-bottom: 1px dotted black;">Yogurt</td> <td style="border-bottom: 1px dotted black;">✕</td> </tr> <tr> <td style="border-bottom: 1px dotted black;">Banana</td> <td style="border-bottom: 1px dotted black;">✓</td> </tr> </table>	Food Offered	Eaten	Yogurt	✕	Banana	✓
Food Offered	Eaten						
Yogurt	✕						
Banana	✓						

Week of

BREAKFAST	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten

	Snack		Snack		Snack		Snack		Snack		Snack	
LUNCH	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten

	Snack		Snack		Snack		Snack		Snack		Snack	
DINNER	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten	Food Offered	Eaten

	Snack		Snack		Snack		Snack		Snack		Snack	
Extra drinks:												
Notes:												