Cafeity

Daily food log

A record of what you ate and drank. Not a meal plan and not a target.

Date _____

Name (optional) _____

Breakfast

Food	Amount	Protein (g)	Fibre (g) optional

Notes

Lunch

Food	Amount	Protein (g)	Fibre (g) optional

Notes

Dinner

Food	Amount	Protein (g)	Fibre (g) optional

Notes

Snacks

Food	Amount	Protein (g)	Fibre (g) optional

Notes

Water

Time	What you drank	Amount	Unit
Total, if you add it up			

Use cups, fluid ounces, or milliliters. Leave the total blank if you are not adding it up. This sheet does not print a goal.

Notes for the day

☐ I logged this day in Cafeity.

Cafeity is a general wellness product. It is intended to help individuals record and review information about their own daily habits, self-reported symptoms, body measurements and self-administered medication schedule, and to organise that information for their own reference and for discussion with a licensed healthcare professional.

Cafeity does not diagnose, treat, cure, mitigate or prevent any disease or condition. It does not provide medical advice. It does not recommend, calculate, adjust, or advise on medication doses or schedules. It is not a substitute for professional medical care. Users should consult a qualified healthcare provider before making any decision about their health or treatment.

Talk to your doctor or a registered dietitian about what fits you. In an emergency, call your local emergency number.

https://cafeity.com/medical-disclaimer